

BEYOND THE STRIPES



March 2018

Welcome to the fourth edition of *Beyond the Stripes*, a quarterly e-newsletter produced by the North Allegheny School District. *Beyond the Stripes* highlights District initiatives and features useful information to help NA Tiger families to succeed beyond the classroom.

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Protecting Your Identity in a Digital Society
Digital Bootcamp



The Dangers of Teens & Vaping What You Need To Know! Spring Community Connections Seminar

Wednesday, April 4, 2018
7:00-8:30 p.m.
North Allegheny Intermediate High School

**Did you know that teen use of e-cigs and vaping devices
increased 900% between 2011 and 2015?**

This program will focus on the use of e-cigarettes and other vaping devices among teenagers, along with the risks these products pose to adolescent health and development. Specialists in the field will also share their knowledge and insight. Students in grades 6-12, along with their parents/guardians, are highly encouraged to attend.

Spring Community Connections Seminar

Did you know that teen use of e-cigs and vaping devices increased 900% between 2011 and 2015? Join the NA Community on Wednesday, April 4, 2018 from 7-8:30 p.m. at NAI to learn about The Dangers of Teens and Vaping. This program will focus on the use of e-cigarettes and

other vaping devices among teenagers, along with the risks these products pose to adolescent health and development. Specialists in the field will also share their knowledge and insight. Students in grades 6-12, along with their parents/guardians, are highly encouraged to attend.

Register



Safety at NA: How Parents Can Help at Home

Safety and security in our schools has been at the forefront of many conversations over the past month. While NA has [shared many of the strategies currently in place and in-the-works at our schools](#) pertaining to safety and security, there are many steps that parents and guardians can also take at home to ensure our schools and communities are safe.

- **Talk to your children.** Keeping open lines of communication with your children is an important step to staying involved in their schoolwork and social activities. Put the cell phones away at dinner and turn the television off so that you can talk to your children. Try asking open-ended questions and use phrases such as "Tell me more" and "What do you think?" Phrases like these show your children that they you are listening and that you want to hear more about their opinions, ideas, and how they view the world. Don't be afraid to initiate important discussions with your children.
- **Set clear rules and limits for your children.** By setting clearly defined rules and limits, children know what is expected of them and the consequences for not complying. When setting family rules, be sure that children understand the purpose behind the rules and be consistent in enforcing them.
- **Keep an eye out for warning signs.** Knowing what's normal behavior for your son or daughter can help you recognize if something is troubling your child. Sudden changes such as withdrawal from friends, declining grades, evasiveness, lying, sleep disruptions, or chronic physical complaints can all be indicators that something is wrong.
- **Don't be afraid to parent; know when to intervene.** If your child exhibits behavior or attitudes that could potentially harm them or others, don't be afraid to step in or seek help. Doctors, school counselors, or other mental health professionals are trained to assess young people. Some of the most effective interventions have parents, schools, and health professionals working together to provide ongoing support.
- **Stay involved in your child's school.** Get to know your child's teachers and help them get to know you and your child. Communicate with the school throughout the year, not just when problems arise. Stay in-the-loop with class projects, events, and homework assignments. Volunteer to assist in the school or join the PFA at the elementary level or participate in a Principal's Coffee.
- **Know the school rules and goals.** All District policies are available on the North Allegheny website [here](#). North Allegheny also released the [Measuring Success Framework](#) at the beginning of the school year to communicate how the District measures success holistically.

Let us all work together to ensure our children are able to continuously thrive in a positive, safe and secure environment. Thank you for your ongoing cooperation and support.

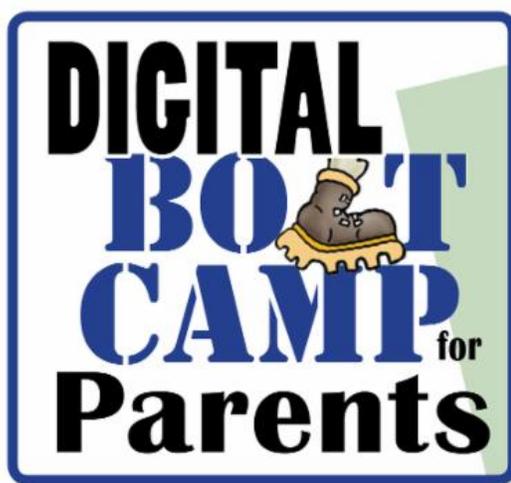
Protecting Your Identity in a Digital Society

Do you know how to protect your identity in today's electronic world? Pennsylvania State Police Trooper Melinda Bondarenka shared tips on online identity protection at the fifth session of the [Digital Boot Camp for Parents](#) held on March 10 at CCAC. Trooper Bondarenka pointed out that protecting your identity in the 21st century is a habit we all need to develop and practice, similar to locking the doors of your house at night.

A few of the tips that Trooper Bondarenka shared during the Boot Camp included:

- Keep your computers and phones up-to-date by regularly applying updates; many updates specifically address security issues.
- Create strong passwords that are ideally 12 characters or longer; song lyrics often make memorable and longer passwords.
- Be wary of online quizzes because they are often designed to collect personally data. Providing your exact date, time, and location of your birth may give you a free personalized horoscope or tell you what celebrity you look like, but it also may provide the answer to many security questions.
- Shred trash that has information about your identity. Once you place your trash on the curb it becomes public property.
- Most identity theft issues occur online. Use a credit card online as opposed to a debit card since you can appeal credit card transactions.

The final Boot Camp for the 2017-2018 school year will be held Saturday, April 21 at CCAC North Campus. Mr. Phillip Little from the Pennsylvania Attorney General's Office will provide parents with a foundation on social media sites that their children use, and how to keep children safe while using them. Click [here](#) for more information on this free resource.



SOCIAL MEDIA 101- WHAT PARENTS NEED TO KNOW

CCAC North Campus • Room 3002

9:00 - 10:00 a.m.

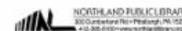
Saturday, April 21

Registration and more information:

412-366-8100 • www.northlandlibrary.org

Educating parents of middle and high school students on best practices for digital citizenship.

Last in a six-part series brought to you through the cooperation of:



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