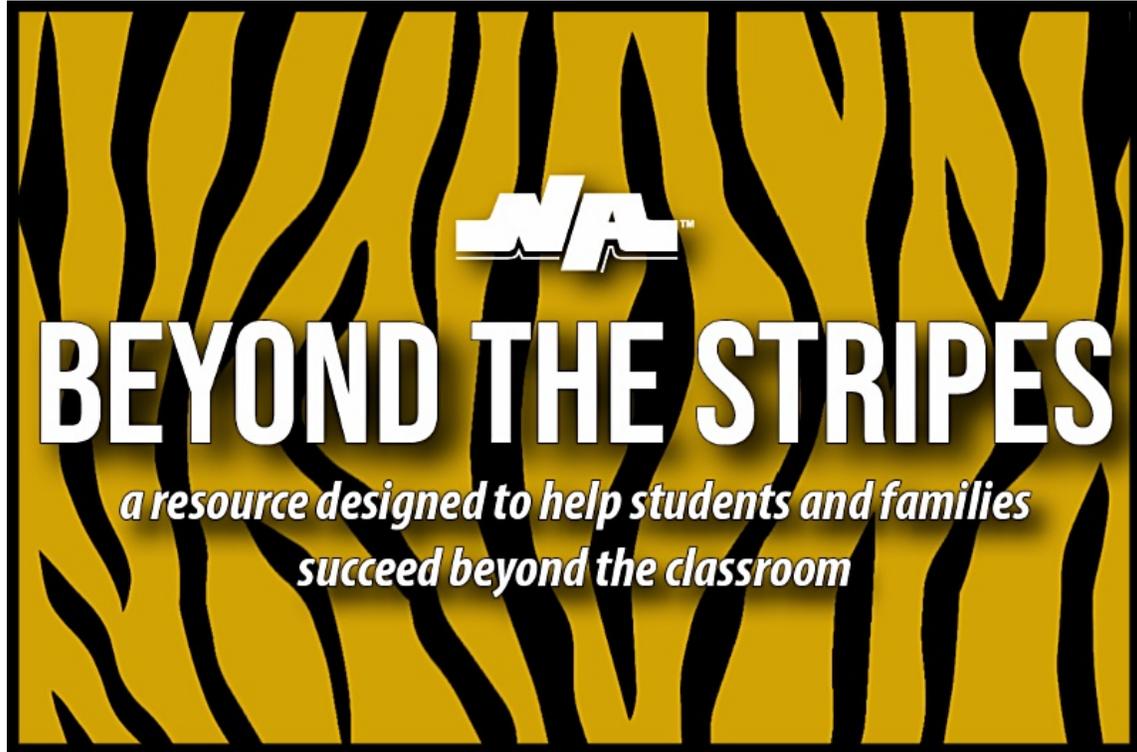


North Allegheny's *Beyond the Stripes* Newsletter

A resource designed to help students and families succeed beyond the classroom

February 2019



What You'll Find In This Email:

Welcome to *Beyond the Stripes*, an e-newsletter produced by the North Allegheny School District. *Beyond the Stripes* features useful information to help NA Tiger families succeed beyond the classroom.

- Tips for Time Management
- Safety and Security Reporting
- Spring Community Connections
- A.W. Beattie Open House
- School Start Times Update
- Weather Make-Up Day



MAXIMIZING YOUR TIME

Tips for Time Management



Create an individualized plan with your child.

Brainstorm ideas together and try to compromise as things that work for you may not work for your child. Each child is unique, so what works for one, may not work for all.



Estimate how much time school work might take.

Block off time throughout the evening for breaks. Allow flexibility so that the schedule can be altered for extracurricular activities or for additional study time for tests if necessary.



Make a to-do list every day and organize it by urgency and due date.

Include things that you want to do on your list too so that you have something to look forward to as you work your way down your list, crossing tasks and assignments off as you accomplish them.



Set up a consistent workspace where your child can do his/her school work.

Keep their supplies organized in a convenient location nearby for easy access. Minimize distraction, maximize focus.



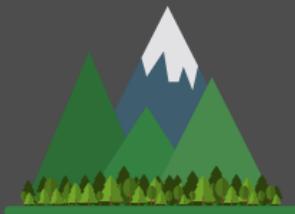
One thing at a time.

Research shows that multi-tasking is not an effective strategy and performing more than one task at a time takes a toll on productivity. It takes more time to get tasks completed if you switch between them than if you do them one at a time.

TAKING EFFECTIVE BREAKS



Brain food. Healthy snacks can help boost your energy levels and improve concentration. Almonds or apples are great options!



Go outside. Get some fresh air. Take a walk! As little as 10 minutes of exercise can increase blood flow to your brain.



Take a moment to practice mindfulness to clear your head, re-center your focuses, and relieve anxieties. Take deep breaths or enjoy a guided exercise.

below).

Dr. Brophy's goal is to explain the neuroscience of addiction in a way in which everyone can understand it. Having a grasp on this complex information helps us all understand why experimentation with various drugs can be so dangerous, and why it often escalates rapidly from "I'm just having fun" to the inevitable "this isn't fun anymore and I need help". As a physician that is board certified in both fields of emergency medicine and addiction medicine, this progression is something he is very familiar with and encounters on a daily basis. He has educated hundreds of thousands of people on this topic and is a highly respected member of the local medical community.



Students in grades 8 through 12 and their families are highly encouraged to attend this event. Further details and information will be forthcoming.

A.W. Beattie Open House

Are you interested in learning more about what A.W. Beattie Career Center has to offer? Check out the Spring Open House event on Thursday, February 28 from 5:15-8:15 p.m.

A promotional poster for the A.W. Beattie Career Center Spring Open House. The poster features the title "A.W. Beattie Career Center SPRING OPEN HOUSE" and the date "Thursday, February 28, 2019". Below the title are four small images showing students in various career-related activities: a student in a blue lab coat, a student working on a car wheel, a student in a green lab coat, and a student in a white lab coat. At the bottom of the poster, there is a row of logos for various organizations: "Please See Your School Counselor For More Information", "Allegheny County", "Builders Association", "FECLA", "FIRST", "SkillsUSA", and "V.I.P.". To the right of these logos, the event time "5:15-8:15pm" and phone number "(412) 847-1900" are listed. The website "www.beattietech.com" is also provided. At the very bottom, a small disclaimer reads: "A.W. Beattie Career Center does not discriminate on the basis of race, color, national origin, sex, disability, age or limited English proficiency in its programs or activities."

School Start Times Update

At the February 20, 2019, Work Session, North Allegheny announced that the District will not move forward with adjusting school start times for the 2019-2020 school year. For additional information on the presentation from the Work Session, [visit the North Allegheny BoardDocs website](#).

North Allegheny sincerely appreciates the attention and input from the entire community during this process. This is not the end of exploring school start times, and the District will continue to explore possible start time adjustments for the 2020-2021 school year and beyond.

Weather Make-Up Day

Pennsylvania law requires public schools to provide 180 days of instruction each year. NASD schedules 184 days to allow for the possibility

that up to four days might be cancelled due to bad weather or other emergencies.

As of February 20, North Allegheny has cancelled five regular school days due to inclement weather. As such, the District is obligated to hold classes on days that were originally intended to be in-service or vacation days. **North Allegheny will be holding classes on Thursday, April 18, 2019, as a weather make-up day.**

The school closures for Hosack Elementary and Ingomar Middle on February 25 due to power outages will not need to be made up.

If the District needs to cancel any additional regularly scheduled school days due to inclement weather the remaining contingency dates include:

- Monday, April 22, 2019
- Friday, June 7, 2019



ATTENTION:

**CLASSES WILL
NOW BE HELD ON
THURSDAY,
APRIL 18, 2019
AS A WEATHER
MAKE-UP DAY.**



Stay connected with NA on social media!
#NASDlearns

