



Plainview-Old Bethpage Central School District

Excellence in Education

Guidance Newsletter

Plainview-Old Bethpage
Central School District
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October 2014

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If you haven't already done so, sign up for the Parent Portal.

The portal connects parents to student data online, anytime!

For more information, visit the district website:

www.pobschools.org

Thoughts From the Director of Guidance

Happy Fall!

We have dedicated this issue of the Guidance Newsletter to the topic of Digital Citizenship. During the week of November 10th, students in grades 5-12 will be participating in a variety of activities focused on productive and informed internet usage. Instead of centering our dialogue on what *not* to do online, let's encourage our students to use social media, and the internet in general, in a responsible fashion. The lessons of respect, tolerance and acceptance that are taught to children are very applicable in the online world. Finally, as adults, we need to be self-reflective about our own usage. What types of online habits are we modeling for our children? I encourage you to check out some of the online resources provided to explore these topics further.

Parents As Social Media Role Models

It is important that parents focus on demonstrating respectful digital citizenship to their children. We recommend parents familiarize themselves with social media so that they are able to create a positive online example for their kids. Below are some areas to focus on when it comes to positively influencing your children:

Educate yourself! Knowledge is power. Stay informed and keep up-to-date on social media. Commonsensemedia.org is a great resource.

Communicate! Create a dialogue with your child about your online experience, whether it's a cool app feature you discovered on Facebook, or an interesting account you follow on Twitter.

Lead by example! Conduct yourself in a way online that you would hope your child would model. If you do not wish for your child to utilize their electronics all the time, be sure to role model this behavior. When completing tasks, refrain from peeking at your phone, as such may lead your child to copy this same habit.



Digital Citizenship Week!

Digital Citizenship Week will be held November 10th-14th as part of an initiative to educate students and continue the dialogue in our community surrounding responsible and informed internet usage. Many of our students use the internet and social media every day in a number of capacities ranging from social networking to educational research. Using a variety of themes across grade levels (5-12) we intend to focus attention on a number of related issues. These topics will be addressed through classroom lessons, MAP (middle school advisory program) activities, assemblies, presentations and structured learning stations in the middle school libraries. The internet and technology as a whole can be a wonderful source of connection and culture when used appropriately. We hope that all of our students will learn how to be a mindful citizen of the digital world.

Digital Citizenship Week Website Resources for Parents



Resources K-12:

www.brainpopjr.com

www.brainpop.com

Netsmartz.org

Kidshealth.org

Edutopia.org/digital-literacy-technology-parent-resources

[Edutopia's Digital Citizenship Pinboard on Pinterest](#)

Digital Citizenship Themes By Grade Level

5th — Understanding Your Digital Footprint

Students are beginning to use the internet and social media apps more and more. Fifth graders will be educated on the permanence of their internet usage.

6th — T.H.I.N.K

Using the T.H.I.N.K anagram as a focus, students will learn to make better choices when using the internet/social media and be reminded of the effects their words can have.

T Is it True? H Is it Helpful? I Is it Inspiring? N Is it Necessary? K Is it Kind?

7th — Cyberbullying

Police Officer Galvin will lead an assembly sharing information about the legal implications and emotional ramifications of irresponsible or inappropriate internet/social media usage.

8th — Creating A Positive Virtual Profile

High school peer mentors and counselors will lead discussion on how to develop positive representation of oneself online. Students will be challenged to think about whether their “online self” will help or hinder their progress toward achieving their goals.

9th — Plagiarism/Academic Honesty

English Language Art teachers, through the use of texts and/or multimedia, will be discussing the importance of academic integrity, including looking at the broader issue of illegal downloading and what exactly “ownership” implies.

10th — Identity Theft and Online Safety

While our high school students may know a great deal about navigating the Internet, the potential dangers of sharing personal passwords and misrepresenting oneself will be examined.

11th — College & Career Digital Communication

There will be a variety of multimedia resources available to students providing links to helpful websites. A workshop will be available to 11th graders on this important topic.

12th — Psychology of Your Digital Footprint

Through senior health classes, students will explore the connection between self-esteem and one’s online personality.



4 Social Media Apps Parents Should Understand

Although parents are advised to monitor their children's activities online, it's hard to keep up! As technology evolves, we encourage you to have open conversations with your child about what apps they are using and why. We polled our high school students and they shared with us the most commonly used apps, right now! See below for a brief description of what your child may be using (or in some cases, misusing) with some words of caution regarding each one.

Yik Yak – This app allows users to post text-only “Yaks,” which can be seen by the 500 “Yakkers” who are closest in proximity to the person sending the message. Although the posts are anonymous, kids start revealing personal information as they get more comfortable with other users. When logged in, geographic locations are also indicated.

SnapChat – This app allows users to send photos that will “disappear” after 10 seconds. However, within those 10 seconds, the recipient can take a screen shot or copy of the photo and have it to share with others. This app creates an illusion of privacy, allowing kids to feel more comfortable “sexting” with peers. In many cases, these pictures do not “disappear.”

Instagram- This app allows users to share photos. Check your child's privacy settings to ensure that they are only sharing content appropriate pictures with people they know.

Twitter- This app enables users to send and read short 140-character messages called "tweets". As we tell our students, if you having nothing nice to “tweet”, don't “tweet” anything at all.



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Share
Love**

#TakeNoBullies

**Tweet
others as
you want
to be
tweeted**

#TakeNoBullies

Your Digital Footprint — The New “Permanent Record”

One of the great things about the internet is the ease in which your child can acquire and share information. Children of the digital age appreciate the instant gratification from sharing photos and videos online with friends and receiving an immediate response. But, what many do not understand is that everything they post online (videos, pictures, comments, etc.) combine to make their digital footprint. Remember that what they share with their friends may also be viewed by people they don't know, including future college admissions representatives and employers. Once something is posted, it could be there forever. Encourage your child to think before they post — their digital footprint is more permanent than they think.

Tips to help your child manage a digital footprint:

Set up accounts together. Parents can create usernames and passwords with your children, together. Talk to them about how they are using the apps. Listen to them.

Make it private. Children should use a nickname instead of their real name and never share their address or phone number online. They shouldn't share their passwords with anybody other than you. You and your child should understand privacy settings.

Think before you post! Encourage your child to ask the question, “Would I want my parents to see this?”

Be respectful. Children should be encouraged to only post those things that they would be comfortable and confident saying to somebody's face. For example, your child should ask a friend's permission before posting a picture of them.

Do your homework. Parents should understand the sites that their children are using. Talk to them. Try to understand why they use certain apps. Ask questions. Speak to a guidance counselor if you are unsure about how to start a conversation about social media.



Important Dates to Remember

ELEMENTARY SCHOOLS

Nov. 7 — KC Picture Day
 Nov. 11 — School Closed
 Nov. 12 — Family Night
 Nov. 26 — Marking Period Ends
 10 Minute Early Dismissal
 Nov. 27-30 — Thanksgiving Recess
 Dec. 1-5 — Holiday Boutique
 Dec. 5 Report Cards Posted
 Dec. 8-9 — KC Parent Conferences
 KC — Book Fair
 Dec. 9 — KC Early Dismissal
 Dec. 9-11 — KC Holiday Boutique
 Elem. — Book Fair
 Dec. 10-11 — Parent Conferences
 Dec. 11 — Early Dismissal
 Dec. 12 — OB/PKWY Concert
 Dec. 16 — PAS/SR Concert
 Dec. 20-Jan. 4 — Happy Holidays!

MIDDLE SCHOOLS

Nov. 5 — Winter I Sports Begin
 Nov. 7 — Marking Period Ends
 Nov. 11 — School Closed
 Nov. 12 — Family Night
 Nov. 14 — Gr. 7 Career Fair @ MMS
 Nov. 19 — Report Cards Posted
 Nov. 20 — Picture Re-take
 Nov. 24-25 — POBMS Book Fair
 Nov. 24 — DECA Financial Literacy
 Day
 Nov. 25 — Parent/Teacher Conf. (A-K)
 Nov. 26 — 10 Minute Early Dismissal
 Nov. 27-30 — Thanksgiving Recess
 Dec. 3 — MMS Concert
 Dec. 4 — Parent/Teacher Conf. (L-Z)
 Dec. 17 — Progress Reports Posted
 Concert 7pm
 Dec. 20-Jan. 4 — Happy Holidays!

HIGH SCHOOL

Nov. 6 — Gr. 10 Guidance Information
 Night 7pm
 Nov. 7 — Marking Period Ends
 Talent Show 7pm
 Nov. 10 — DECA Kickball Tournament
 Nov. 11 — School Closed
 Nov. 12 — Family Night
 Nov. 17 — Winter Sports Begin
 Nov. 19 — Report Cards Posted
 Nov. 20 — SADD Blood Drive
 Nov. 21-22 — Fall Play 8pm
 Nov. 26 — 10 Minute Early Dismissal
 Nov. 27-30 — Thanksgiving Recess
 Dec. 3 — World Language Honor
 Society Induction 3pm
 Dec. 5 — Video Game Tournament
 5pm
 Dec. 10 — Orchestra/Jazz Concert
 Dec. 12-12 — METMUNC Conf.
 Dec. 17 — Progress Reports Posted
 Sr. Citizens Tea 3pm
 Dec. 18 — Choir Concert 7pm
 Dec. 20-Jan. 4 — Happy Holidays!



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