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





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.



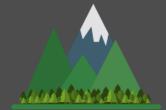
One thing at a time.

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, recenter your focuses, and relieve anxieties. Take deep breaths or enjoy a guided exercise. productivity/; http://uaap.mit.edu/tutoring-support/study-tips/tooling-and-studying/tooling-and-studying-effective-breaks



Safety and Security Reporting at North Allegheny

We encourage you to take a moment to review the safety and security reporting procedures and options available to the NA community. These options are available to support the safety of students and others.

- **CONTACT 9-1-1.** In the event of a real-time threat or life-threatening emergency situation, all individuals should contact 9-1-1. Calling 9-1-1 for any type of in-the-moment emergency allows first responders to provide assistance as fast as possible.
- TALK TO A TRUSTED ADULT/STAFF MEMBER. North Allegheny strongly encourages students to talk with a trusted adult at home or at school. We continue to work with all students to foster positive relationships and promote their awareness in talking immediately with a trusted adult if they have questions or concerns. Direct reporting to a trusted adult is an essential practice to promote a safe learning environment. This information allows school officials to begin investigating immediately and address the concern appropriately.
- **TIPSLINE.** North Allegheny's TIPSLine allows tips to be made anonymously and quickly directly to law enforcement officials. The TIPSLine (724-933-TIPS) allows for the immediate involvement of law enforcement and collaboration, if appropriate, with school officials.
- SAFE2SAY SOMETHING. On January 14, 2019, the Commonwealth of Pennsylvania launched the Safe2Say Something program. This program allows an individual to report a safety concern securely and anonymously to help identify and intervene upon at-risk individuals before they hurt themselves and/or others. The program is mandated by Act 44 of 2018 and requires all K-12 school districts to participate. A phone number, smartphone app, and web-based application are options for reporting. These reports will be triaged by the Crisis Center at the Pennsylvania Office of Attorney General. A communication process is then initiated to the county 911 dispatch center and a set of pre-identified school district officials. North Allegheny's law enforcement partners will then be involved in the threat assessment process and any potential investigations. Due to the age appropriateness of the program, the District and Safe2Say Something facilitators are only training middle and high school students on how to utilize the program.

Please help us in reminding students that they cannot make inappropriate statements regarding the safety and well-being of others. Consequences for these types of inappropriate and threatening statements will exist at the school level and potentially lead to criminal charges at the law enforcement level.

Spring Community Connections Seminar

Join the NA community on the evening of **Wednesday**, **April 3**, **2019**, for the **Spring Community Connections Seminar**. This bi-annual event will be held at North Allegheny Intermediate High from 7-8:30 p.m. and will feature Dr. Tom Brophy (pictured

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.



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





