

## North Allegheny's *Beyond the Stripes* Newsletter

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

Fall 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.

- The Future of Work in the Pittsburgh Region
- Overscheduling
- Cybersecurity Awareness Month
- Coping with Stress
- Redistricting: Tips for Dealing with Change
- Teen Driver Information Night

### The Future of Work in the Pittsburgh Region

North Allegheny School District presents  
the Fall 2019 Community Connections Seminar



#### The Future of Work in the Pittsburgh Region

Wednesday, October 16, 2019

7:00-8:30 p.m.

Ingomar Middle School

*What will the employment landscape in Pittsburgh look like in the next decade?  
Hear from **The Grable Foundation**, **Partner4Work**, & **A.W. Beattie Career Center**  
on the future of work in the Pittsburgh region.*

What will the employment landscape in Pittsburgh look like in the next decade? A recent report by Dell Technologies estimates that 60% of the jobs that will exist in 2030 have not been invented yet.

On Wednesday, October 16, from 7:00-8:30 p.m. at Ingomar Middle School, the North Allegheny community is invited to hear from three different organizations on what the future of work in the Pittsburgh region looks like:

- **The Grable Foundation**—Ryan Rydzewski, author of **“Still Hiring Humans: The Future of Work in Pittsburgh and Beyond”**
- **Partner4Work**—Lennie Kistler
- **A.W. Beattie Career Center**—Jason Watkins, Principal

Registration for the event is not required and admission is free. This event is open to past,

## Event Details

### Overscheduling

Does your family have too much to do and not enough time to get it done? In today's world, every family is busy with school, extra-curricular activities, participating in community events, athletics, and more. While intentions for having a busy schedule are good, the [American College of Pediatricians](#) notes that excessive pressure and time commitments can harm mental health, decrease children's interests, and weaken family relationships.

With the new school year in full swing, it's important to be mindful of overscheduling activities for your children and family. Below are a few things keep in mind when making your family's schedule [from a recent Cleveland Clinic article](#):

- **Be reasonable and realistic with your family's schedule.** Sit down with your children and ask them to pick their top three activities in order to avoid overscheduling. Weigh the benefits for your children and family with the time you have to invest.
- **Purposely schedule downtime.** Teach your children to take a break and the importance of recharging your mind and body. Be cautious though—downtime shouldn't turn into screen time or TV time!
- **Let children take the lead with playtime.** Don't organize your children's playtime activities for them. Send them outside to play and use their imagination!
- **Let things happen naturally.** If your child isn't the type who thrives in an organized activity, support their individual pursuits.
- **Make time for family.** Find 20 minutes, five times a week, to do things together. This can include playing board games, playing a family sport, reading a book, or completing a puzzle.

### October is Cybersecurity Awareness Month

Held every October, National Cybersecurity Awareness Month is a collaborative effort between government and industry to ensure every individual has the resources required to stay safe and secure online. As North Allegheny continues to progress with the technological resources available to students, there are several cybersecurity tips worth sharing that can benefit anyone and everyone who uses a digital device.



- **Never reuse your financial or your most sensitive passwords as passwords to access other sites.** Often, if one account is compromised and your password is exposed to a bad actor they will try to use it to access other more sensitive sites.
- **Shake up your password protocol.** According to the National Institute for Standards and Technology (NIST) guidance, you should consider using the longest password or passphrase permissible. Get creative and customize your standard password for different sites, which can prevent cyber criminals from gaining access to these accounts and protect you in the event of a breach.
- **Never click and tell.** Limit what information you post on social media—from personal addresses to where you like to grab coffee. What many people don't realize is that these seemingly random details are all criminals need to know to target you, your loved ones, and your physical belongings—online and in the physical world.
- **Keep tabs on your apps.** Most connected appliances, toys, and devices are supported by a mobile application. Your mobile device could be filled with suspicious apps running in the background or using default permissions you never realized you approved—gathering your personal information without your knowledge while also putting your identity and privacy at risk.
- **Stay protected while connected.** Before you connect to any public wireless hotspot—like at an airport, hotel, or café—be sure to confirm the name of the network and exact login procedures with appropriate staff to ensure that the network is legitimate. If you do use an unsecured public access point, practice good Internet hygiene by avoiding sensitive activities (e.g., banking) that require passwords or credit cards. Your personal hotspot is often a safer alternative to free Wi-Fi. Only use sites that begin with "https://" when online shopping or banking.

[Learn More about Cybersecurity Awareness Month](#)

## Coping with Stress

The beginning of a new school year can be an adjustment for families. Children, teens, and adults all experience stress at some point, which can often lead to heightened anxiety. Below are tips from the Centers for Disease Control and Prevention for helping both youth and adults cope with stress.

- **Talk to and stay connected with others.** Whether it's a friend, teacher, coach, doctor, talking with someone else about why you are stressed can allow you to figure out ways to feel better.
- **Get active.** Playing sports or a musical instrument, joining an after-school activity, or simply going for a walk can take your mind off of your stress and be a positive way to handle how you are feeling.
- **Practice self-care.** Be sure to get plenty of sleep, eat healthy meals, and keep a normal routine.
- **Take information breaks.** Take breaks from the news, the Internet, and conversations that may lead to additional stress.

### ADDITIONAL COPING WITH STRESS RESOURCES

- [Talking with your children about stress—American Psychological Association](#)
- [7 Tips for Stressed-Out Parents—Cleveland Clinic](#)

NORTH ALLEGHENY SCHOOL DISTRICT

# REDISTRICTING TIPS FOR FAMILIES

WHAT YOU CAN DO TO HELP YOUR CHILD WITH CHANGE



## TALK TO YOUR CHILD AND STAY POSITIVE

Children will follow your lead. This experience will provide a valuable life lesson about adapting to change and being resilient. Anticipatory anxiety is often worse than reality. Focus on the positive aspects and benefits of starting at a new school!

## MAKE NEW FRIENDS AND KEEP THE OLD

One positive thing about redistricting is that some of your child's current friends will be going to the new school. Encourage your child to keep in touch with his or her friends who are not attending the new school. The best way to make new friends is to participate in a club, sport, or activity. Students and their families can begin exploring these ahead of time by visiting the school's website before the start of school in August.



## STAY INFORMED

All seven elementary schools and three middle schools operate on a similar schedule and have similar means of communication. However, there are slight variations from school to school. In order to keep up to date, you can attend the Parent-Teacher group (PTA, PFA, PTO, etc.) meetings at the elementary level, check the school's website, and reference the school's calendar for upcoming events and activities.



## GET INVOLVED AND SHOW YOUR INTEREST

Volunteering at your child's new school will allow you to get to know the teachers and staff on an informal basis. Each elementary school has an active Parent-Teacher group (PTA, PFA, PTO, etc.) Becoming involved in these groups will also show your child that you are committed to their education and adjustment to the new building.



## ASK QUESTIONS



Attend student orientations, curriculum nights, and special get-acquainted events within your school community. Asking questions and communicating frequently will help you and your child in the adjustment. Elementary School and Middle School counselors are available to help with suggestions and resources for helping your child to make the best possible transition.



### Teen Driver Information Night

The PA DUI Associate, Impact Teen Drivers, Connor Johnson Foundation, Pine Township, and Northern Regional Police Department will host a free teen driver educational session for parents/guardians and teens in October and December. The presentation will feature best practices during the drivers licensing process including Pennsylvania's Graduated Drivers License program and Impact Teen Drivers' "What Do You Consider Lethal?" [Click here for additional details](#) on Teen Driver Information Night, which will be held on the following dates:



- Tuesday, October 22, 2019: 7:00-8:30 p.m., Pine Township Community Center
- Wednesday, December 11, 2019: 7:00-8:30 p.m., Marshall Township Community Center

#### ADDITIONAL TEEN DRIVING RESOURCES

- [Teen Safety Tips from PennDOT](#)
- [How can I get the "don't text and drive" message through to my teen? from HealthyChildren.org](#)

### NA Foundation Trick or Trot

Over 500 runners and walkers are expected for the fourth annual North Allegheny Foundation Trick or Trot 5K and 1-Mile Run on October 26. Costumes are encouraged for all athletes and a costume contest will be held for children under 12.



This festive community event supports NA Foundation's mission to enhance and enrich the educational experience of North Allegheny students through grants for teachers, financial aid and scholarships for graduating seniors. Registration includes a performance t-shirt, draw string race bag for collecting treats, and a finisher's medal.

The event is a chip-timed run with age group winners recognized. The mixed-trail and

pavement course will take athletes through the beautiful Marshall campus. A performance by the NA Marching Band in costume will kick off the 1-Mile run at the starting line at 9:00 a.m.

[Register for the Trick or Trot](#)

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## Resources

- [2019-2020 Calendar at a Glance](#)
- [Beyond the Stripes Archive](#)
- [Measuring Success at North Allegheny](#)