

Internet Safety, Racial Justice, Mental Health, Home Alone, and more...



November 2020 Newsletter

A Message from PTA Vice-President Abby Roccapriore



Hello friends-

I want to introduce myself as the new Vice President of the Clinton PTA. I have been on the board for several years as membership chair. I have been an employee of Clinton Public Schools for 5 years, initially in all the schools as a substitute, and now as a full-time teacher assistant in the Jumpstart preschool program.

What I love most about being a board member is the passion that each of us brings to the table. I am dedicated to supporting each child's success. I would love to talk about race and inclusion, and issues pertaining to our community. As we continue through this school year, stay tuned for more information and programming about this subject. We welcome your input too!

Want to become a member? It is SO simple, and does NOT have to require any of your time. Your annual membership fee supports our programming, advocacy, and mission. Click [HERE](#) to renew! And share this email with friends inviting them to join!

Sincerely,
Abby Roccapriore
Clinton PTA Vice President



We recently listened to a webinar on Internet Safety hosted by Scott Driscoll of Internet Safety Concepts. Scott has a background in law enforcement and spent many years undercover for a federal task force investigating crimes committed by people using the internet. He is now an expert on internet safety and makes presentations to parents, students, and businesses.

Here are some key takeaways from the presentation:

- Before kids send a text, picture, or post to social media they should ask themselves if it is **S.A.F.E.** Sure it is **A**ppropriate **F**or **E**veryone? Would they be comfortable if their parent, principal, or police saw it?
 - Make sure your child knows they can come to you if they believe they or a friend is being **cyber bullied. Talk about it now!** They should know to screenshot information they are concerned about. They should find an adult that they feel comfortable to ask, "What do you think about this?" It is better for them to get involved than to do nothing.
 - **Educate** your children about their **Digital Tattoo**. Once they post in the cyber world, it is almost impossible to delete. It may be funny or entertaining now, but they still need to apply for college, jobs, etc. It is very common for admissions offices and human resources to search the internet on candidates.
 - **Suggested apps and software** for parents to use to limit or block their children from certain things on the internet: [Bark](#), [Life 360](#), [MMGuardian](#), and [OurPact](#).
 - **Spend some time going through your child's cell phone with them.** Double check that all of the **privacy features** are being utilized on the social media platforms.
 - **Turn their GPS features off** on all social media so followers cannot pinpoint their exact location. Teach them to post about where they have been **AFTER** they return home.
 - **Sexting** is happening at much younger ages than ever before. **Make your child aware of CT State laws** pertaining to possession of, or forwarding inappropriate pictures of minors. If somebody under the age of 18 sends them an inappropriate picture of themselves and your child doesn't delete it and keeps it on their phone, they are now in possession of child pornography. If the picture is of somebody under 16 and your child forwards the picture on to somebody else, it can lead to prison time. If your child sends a picture of themselves to somebody else, there is no way to be 100% sure that it won't be shared with others.
 - **Parent Handouts:** English [click here](#), Spanish [click here](#)
 - **Parent App Guide:** English [click here](#), Spanish [click here](#)
 - We loved the **parent and child contracts** he has ready to print and use! For technology for young kids: [click here](#), for teens: [click here](#), and cell phone use: [click here](#)
 - Visit his [website](#) for more information!
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CLINTON PTA AND CLINTON HUMAN SERVICES PRESENT:
PARENTING IN A PANDEMIC
THE "BACK TO SCHOOL" EDITION

4TH ONLINE SESSION
"REWIRE YOUR BRAIN"

Did you know that your thinking habits can have a huge impact on your mood? Train your brain to use positive thinking patterns that reduce anxiety and promote resilience. Start changing your brain NOW!!

Thursday
November 5th
6:30 - 7:30pm

PRESENTED BY:
Marie Pinette, LMFT
Clinton Human Services

Clinton PTA
CLINTON HUMAN SERVICES
SOCIAL SERVICES
YOUTH & FAMILY SERVICES

Registration required for Zoom links
Email humanservices@clintonct.org
to register

CLINTON PTA AND CLINTON HUMAN SERVICES PRESENT:
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5TH ONLINE SESSION

Quarantine and summer impacted our kids' sleep, nutrition, and exercise schedules. We'll discuss these effects and help you get your family back on track.

Thursday,
November 12
6:30 - 7:30pm

HEAR FROM:
Dr. Jonathan Stein
Guilford Pediatrics

Clinton PTA
CLINTON HUMAN SERVICES
SOCIAL SERVICES
YOUTH & FAMILY SERVICES

Registration required for Zoom links
Email humanservices@clintonct.org
to register

PTA/CHS Parent Support Group

We hope you were able to join us on October 29 for the CPS Social Emotional Learning (SEL) session. If you missed it, look for the recording on our website and social media in the future. Lots of important information! This series will continue on Thursdays through November 19, from 6:30-7:30 pm. To register and receive the Zoom link, email humanservices@clintonct.org. Look for more details on [Facebook](#) and [Instagram](#). Give us your feedback!

TOWN OF CLINTON AND CLINTON HUMAN SERVICES PRESENT:

HOME ALONE

NOVEMBER 10
5-6PM
TOWN HALL GREEN ROOM

a program for 4th & 5th grade students & their parents

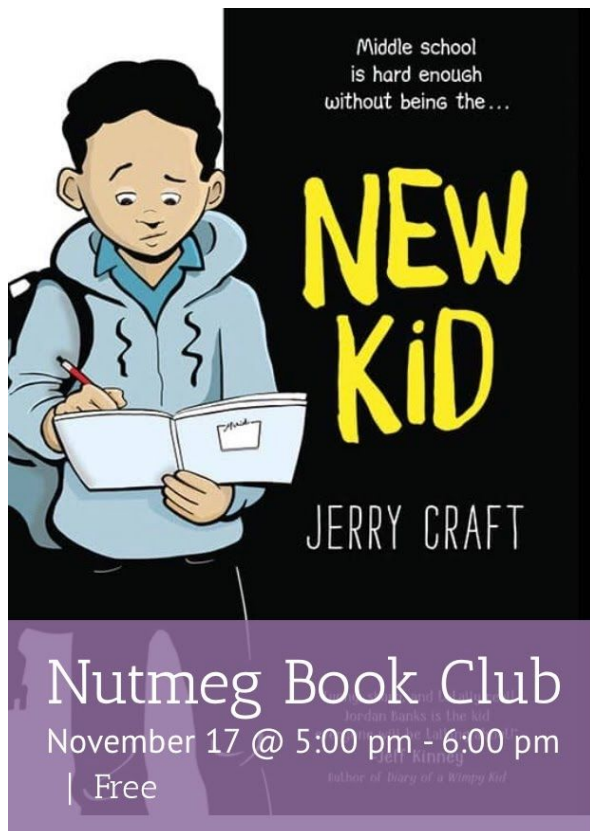
- 01 DECIDE ON HOUSE RULES
- 02 LEARN BASIC SAFETY INFORMATION
- 03 ROLE PLAY EMERGENCY SITUATIONS WITH A POLICE DISPATCHER
- 04 FEEL CONFIDENT ABOUT STAYING HOME ALONE

Presented in cooperation with
Clinton Police and Volunteer Fire Department.

Email humanservices@clintonct.org to register.
Registration limited to 8 families to comply with indoor event guidelines.

Home Alone is back!

This free, one-hour class for grade 4/5 students and their parents covers all the basics and features a guest appearance by Dispatcher Clados of the Clinton Police Department. Email humanservices@clintonct.org to register. Maximum of 8 families permitted.



Attention 4th, 5th, and 6th Graders!

Join Henry Carter Hull Library's Miss Coralie on Zoom for a discussion and activity surrounding the award winning graphic novel and 2021 Intermediate Nutmeg Book Award nominee, *New Kid* by Jerry Craft. Please read the book BEFORE the meeting. Registration required: click [here](#). The library will email you the Zoom link after you register. Please indicate, when registering, if you need to borrow a copy of the book.



Mental Health Mondays and Feel Good Fridays:

Tune into [Facebook](#) and [Instagram](#) on Mondays and Fridays, when our team will continue to share articles and tips covering topics such as suicide awareness & prevention, stress management, and self-care.

Advancing Diversity, Equity & Inclusion

This really good, short video from the University of Missouri can provide parents and caregivers with tips on how to help kids cope with media coverage of community racial trauma.

▶ [Helping Your Child Cope with Media Covera...](#)

youtu.be

Media coverage of community racial trauma and civil unrest can cause children to experience fear, worry...



1

NOVEMBER EVENTS - MARK YOUR CALENDARS!

Monday, 11/2: Board of Education meeting (click [here](#) for details)

Tuesday, 11/3: Election Day (school in session). Please VOTE!

Wednesday, 11/11: Veteran's Day (school in session)

Thursday, 11/12: Early dismissal for PD (Joel) and Parent Conferences (Morgan/Eliot)

Monday, 11/16: Board of Education meeting (click [here](#) for details)

Tuesday, 11/17: PTA meeting at 7:00 PM (location TBD)

Wednesday, 11/25 - Friday, 11/27: - Thanksgiving Break (no school)

You're Invited!

ALL are welcome at PTA meetings! Please come join in the conversation! Our next meeting will be held on Tuesday, November 17 from 7:00-8:30 PM (location TBD; Zoom link, if applicable, will be posted on social media).

PTA Board Openings

Clinton PTA still has openings for two important roles: Membership Chair and Programming Chair. Please contact [Heather](#) if you would like more information about these positions!



Have you renewed your membership yet?

Your membership helps us provide important programming and speakers. Membership runs 7/1-6/30 and is only \$15-\$25 (\$5.50 for students and teachers). Options to join/renew can be found here: <http://www.clintonpta.org/membership/>.

Help us reach more parents and teachers!

Please share this newsletter on Facebook or forward to your friends via email.

Sponsor of the Month



Try Study Hall Tutoring 2-hour session for Free!
All packages 30% off in November!

Did you know that each time a student's focus is interrupted it can take them up to 25 minutes to regain it? Study Hall's Study Sessions provide a space and structure where students can focus on their schoolwork without distraction and under the guidance of a teacher to help students

learn how to complete their work faster and more effectively. Study Hall also offers a highly qualified tutoring team and affordable price options. Let us know how we can help!

Studyhallclinton@gmail.com or 860-552-2800 - Nicki Davis

Thank you to all of Clinton PTA's generous sponsors!

