



# DESERTFOOTHILLSNEWS

*Home of the Scorpions • The higher we climb, the better the view!*

3333 W. Banff Lane • Phoenix, AZ 85053 • Office: 602-896-5500 • Fax: 602-896-5520  
Nurse: 602-896-5510 • Attendance: 602-896-5521

**Ms. Susie Smith**  
Principal

**Mr. Steve Whynott**  
Assistant Principal  
February 2019

## March 2019 Calendar

- 3/1 Read Across America  
Team Wolves Field Trip  
to Sunburst 9:45 a.m.
- 3/4 Assessment Testing  
Boys Soccer Game PV@DF 4:45 p.m.
- 3/5 Assessment Testing  
ASU Dream Academy 9:00 a.m.  
ASU Dream Academy 6:00 p.m.
- 3/6 8<sup>th</sup> Grade Panoramic Picture 9:00 a.m.  
Boys Soccer DF@CH 4:45 p.m.
- 3/7 Assessment Testing  
Choir Concert @ GWHS 7:00 p.m.
- 3/11 Boys Soccer Tournament 4:45 p.m.
- 3/12 ASU Dream Academy 9:00 a.m.  
Boys Soccer Tournament 4:45 p.m.  
ASU Dream Academy 6:00 p.m.
- 3/13 Boys Soccer Tournament 4:45 p.m.  
Site Council Meeting 5:15 p.m.  
B.E.S.T. P.T.O Meeting 6:00 p.m.
- 3/15 3<sup>rd</sup> Quarter Ends
- 3/18-3/22 SPRING BREAK NO SCHOOL**
- 3/26 AIMS Testing  
ASU Dream Academy 9:00 a.m.  
ASU Dream Academy 6:00 p.m.

## SRO Corner

Parents,

I need your help to ensure that our children are safe and free from as much danger as possible. In our Law Related Education classes, I have tried to give examples of possible situations that include Drugs and Alcohol, Internet Safety, Vaping, Bullying, and Laws vs. Rules. My hope is to prepare our children to deal with these situations appropriately. In the near future, I hope to add some important areas that will cover what happens when they turn 18.

Therefore, if you could ask your children what topics they have talked about in class and help reinforce those skills to avoid dangerous situations I would really appreciate it and so would your children.

In addition, together, we can help our children be selective with the words they choose to use to avoid issues brought about by what they say.

Think Safe, Be Safe, Stay Safe!

**Kenny Angwin, School Resource Officer**

## Tips from the Health Office

### **Did you know?**

According to the American Optometric Association, “normally, humans blink about 15 times a minute, but studies show we blink half to a third that often while using computers and other digital screen devices, whether for work or play. Extended reading, writing or other intensive “near work” can also cause eye strain”.

March is **Save Your Vision Month**. Please try to “sit about 25 inches, or arm’s length, from the computer screen. Position the screen so your eye gaze is downward.

Take regular breaks using the “20-20-20- rule: every 20 minutes, shift your eyes to look at an object at least 20 feet away, for at least 20 seconds.

**Melissa Clatone, School Nurse**

## Checking Out a Student

1. Picture ID is required when checking out a student.
2. We cannot call your student to the office before we check ID. Always plan ahead and allow 10 minutes for your child to arrive in the office.
3. Emergency contacts can only check out students in an emergency and must be a minimum of 18 years old. Picture ID will be required.
4. Students are not released after 3:45 p.m. on regular school days and 2:15 p.m. on Wednesdays.
5. Please pick up your student on time.



---

## **News from the Social Worker**

### **Teaching Teens to be Safe on Social Media**

Most parents and guardians are aware that teens and technology go hand-in-hand. These days, kids connect with their peers through their phones, social media and the Internet. While these things can be a helpful way to have fun, communicate with others, develop new interests, and do research for school projects, they also come with risks. Their devices also bring risks of cyberbullying and engaging in inappropriate behavior/interactions. Research shows that most teens have shared personal information online, including their real name, birthdate, interests, school name/location, and photos. This can make them easy targets for online predators or others who might mean them harm. Research also shows that most teens have been contacted by someone online they didn't know in a way that made them feel scared or uncomfortable, have received online advertising that was inappropriate for their age, and lied about their age to get access to websites. Additionally, the posting of inappropriate photos, videos, or other content can have a lasting effect, as they can show up years later when potential employers or college admissions officers conduct background checks. Social media use is also shown to have negative effects on mental health, with teens having increased rates of depression, anxiety, and low self-esteem.

#### **So what can parents do?**

First, be aware of what your student is doing online, including the apps they are downloading and the people they communicate with online. Have a conversation with your student about their social media use, rather than just looking through their phone or device. These conversations may be challenging at first, but can help to build trust between you and your teen.

- **Be prepared** -- Before you talk with your teen, do your research to learn about potentially risky or harmful apps that teens are using, and ask about these apps during your conversation with your teen.
- **Be nice** -- Let your teen know the importance of being kind online. Remind them to follow the "Golden Rule" by not posting mean or hurtful content they would not want posted about themselves or their friends. Encourage your teen to tell you or another adult about harassing or mean things they see posted.
- **Slow down** -- Remind your teen to think twice before they post. Are they sharing personal information that strangers or

acquaintances do not need to know, or information that could be used against them in the future? Also, teach them to think, "What would grandma say?" before they post. If what they are about to post is something they would not want their grandma (or a teacher, parent, religious leader, future boss, etc.) to see it, then they should not post it.

- **Privacy** -- Privacy settings are important. Go through them together and make sure your teens understand each one. Explain that passwords are important and should never be shared with anyone, even a boyfriend/girlfriend or best friend.
- **Make a contract** -- Consider making a "social media agreement" with your teen. Review your household rules about appropriate/inappropriate sites or apps, and set limits for technology use (no devices during meals, no devices after a certain hour at night, etc.). Teens can agree to protect their own privacy by not giving out personal information, to use technology without cyberbullying or hurting others, and to follow the household rules.

**Desiree Montelongo, School Social Worker**

---

### **School Hours**

8:45 a.m. – 4:00 p.m. M., T., Th., F.

8:45 a.m. – 2:30 p.m. Wednesdays

### **Office Hours**

8:00 a.m. – 4:30 p.m. M., T., Th., F.

8:00 a.m. – 3:30 p.m. Wednesday

### **Open Gym**

7:45 a.m. – 8:45 a.m.

### **Important Numbers**

Attendance Line – 602-896-5521 (24 hours)

Office – 602-896-5500

Health Office – 602-896-5510

---

### **AzMerit**

Our teachers are busy preparing students for the AzMERIT assessment the weeks of April 1 and April 8, 2019. Please mark your calendar for these very important dates to assist you when making any appointments for your child.