
Wakefield School News

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FROM THE SUPERINTENDENT
DIGITAL ROAD

THE



Digital citizenship – everybody’s business!

Wakefield students are similar in most respects with teens from other schools and communities in their use of mobile applications to communicate with their peers. Last year the district hosted Screenagers for students, staff and parents to gain an overview of the pervasive utilization of digital media and the many unintended results. Teens continue to look for programs and applications that prevent parent and adult intervention. I desire to update you on what applications are popular with tweens and teens. The digital world changes rapidly. Not to long ago Facebook was a popular student application. Although teens still use Facebook, it has largely become a parent application and is no longer as popular with our kids.

Given the rapidly changing digital world, it’s crucial for parent to also “parent online,” and know the applications that your children are using. Parents are the first line of defense for their students’ on-line activity. I googled “Popular Teen Applications” on the internet and found a number of interesting teen applications.

- **Ask.fm** – is a question and answer service providing teens the opportunity to ask and answer controversial questions anonymously.
- **Down** – is linked with Facebook and connects to a Facebook friend whom they think is “sexy” and if the friend is attracted to them. The application lets both parties know they are “down to bang” or have a sexual relationship. This application is not suitable for our children.
- **Fess** – application allows students to post personal confessions anonymously to their high school. The application allows only students to view. The anonymous nature of this application lends the site to cyberbullying activities.
- **Instagram** – is owned by Facebook and is an online photo-sharing, video-sharing and social networking service. The application allows users to change the way a photo looks using digital filters and share them on social networking sites. This program has a

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geo-location feature, which invites on-line predators. This program is popular with younger teens and has been linked to drug sales.

- **KiK** – is a messaging service that allows teens to text their friends also using Kik and add photos and videos to text messages. This application is designed for 17+ year old teens. Kik is very popular having over 90 million users and may expose your children to highly sexualized content.
- **Meet me** - is a popular dating, social networking app that is inappropriate for teens under 18 years old. This site has privacy concerns and possesses safety concerns as it is a site where predators go to look for victims.
- **Omegle** – invites people to talk to strangers. This application is frequently connected to Facebook. Personal information is also at risk with this application.
- **Periscope** – allows teens to live stream directly from their cell phone. The potential for abuse is extreme.
- **Secret** – this mobile application is all about sharing your secrets anonymously. This app does not disclose who sent the posts and is a hot bed of mean comments and cyberbullying.
- **Snapchat** – very popular application that allows students to send photos and videos, which will disappear within seconds. This program is ripe for sexting activities. Note the programs database of customers has been recently hacked.
- **Tango** – this application is designed to connect you with other people - up to 50 at a time. This application provides free phone calls, messaging and group chats. This program allows you to search for names and numbers of people worldwide. This program has been hacked as well.
- **uM** – provides for extreme gossip, sharing of dark secrets and funny moments by students in our area. This application has frequent profanity, crude humor and suggestive themes.
- **Voxer** – this application acts like a walkie-talkie and shares the user’s current location by default.
- **Whats App** – is being purchased by Facebook and is gaining popularity in the U.S. This is a smartphone messaging app allowing users to create groups, send unlimited images, video and audio messages and their basic location and provides texting features.
- **Whisper** – another application to get teens to share dark secrets. This application is like Snapchat however it makes no claims that posts will disappear nor does it guarantee confidentiality
- **Yik Yak** – application says it acts like a posting bulletin board in a 1.5-mile area. Anyone can share in your area groups. This application is heavily used for bullying purposes and has geo tracking capabilities potentially exposing your teens to predators.

I realize this is a large number of applications that your son or daughter may be using. Your safety and their safety necessitates that you have conversations and know what your teens are using on-line. I retrieved much of this information from a parent application called “Screen Retriever.” I am not supporting their application, however for \$50.00 a year you can put the

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application on your students' computers, tablets and cell phones to assist you with monitoring their on-line activity.

Wakefield Community School is sponsoring a "Digital Citizenship" presentation to students in grades 4 – 12 by our law firm of KSB School Law. Attorney Bobby Truhe will be speaking to student on the morning of January 22, 2019. We will let you know more on the times once they are set. I am inviting parents to attend the school presentation with students to learn more about digital citizenship. We must work together to keep all of our children and families safe.

Mark Bejot, Superintendent



*Wakefield Community
Schools wishes you a joyous
holiday season!*

Principal's Notes

Jason Heitz, 7-12 Principal

Students recognized at annual assembly

At what has become an annual assembly before Thanksgiving break, students were recognized for showing improvement in MAP tests. Each class was recognized for a specific academic achievement (some examples: 95% of Sophomores are at/above grade level in Reading and Math; 88% of 8th graders are at/above grade level in Reading and Math).

Also at this assembly, students were recognized for involvement in various activities. In addition to sports teams, organizations such as NHS, Student Council, FBLA, FCCLA, FFA, Speech, Art Club, and One-Act were recognized.

The following students were recognized for having at least 7 A's on their 1st quarter report card:

Lindsay Al-Khafaji
Jessica Borg
Kassidy Brudigam
Jamie Dolph
Roxy Ekberg
Jackson Heitz
Cataleena Lortz
Joyce McQuire
Gabriel Peitz
Blake Rapper
Olivia Scott

Misty Beltran
Katie Borg
Jeremiah Chase
Olivia Donner
Nora Fernandez
Samuel Heitz
Sahrai Luna
Jordan Metzler
Solomon Peitz
Emma Rapper
Aishah Valenzuela

Ashlyn Boeckenhauer
Rachel Borg
Ella Conley
Dannie Dutcher-Dicks
Abby Heimann
Cade Johnson
Kaleigh Mattes
Madeline Mogus
Jose Ramos
Antonio Sarmiento
Jocelyn Weaver



Miscellaneous parent reminders

*Lunches: Students are not allowed to order food to be delivered to the school for lunch. Schools are not allowed to have “competition” with the school lunch program. Students ARE allowed to have food delivered BY A PARENT OR FAMILY MEMBER, or bring their own food for lunch.

*Student Absences: Any time a student is absent for any reason (sick at home, doctor/dentist appointment, chiropractor, etc.) the school must hear from the parents. Parents can contact the school via phone call, email, or written (and signed) note. We do not want students simply coming to the office and telling us they have a doctor appointment. We have to receive “permission” from parents for them to be absent, even if it is only for part of a day.

*Lunch accounts: If a family’s lunch account is low, students in grades 7-12 are not given notes to take home. Dawn Lubberstedt (high school secretary and lunch account manager) or Mr. Heitz give verbal reminders (usually at lunch) to students if their account is below \$5.00. Families should also be receiving text message reminders about a low lunch account. Students are given/allowed a few days (with reminders each day) to bring lunch money. If an account gets too low, and the student/family has had several warnings, students may be served a “modified lunch” (peanut butter and jelly sandwich, fruit, milk). In addition, families should be receiving calls/texts, warning them of a low lunch balance. Please contact the school if you feel you are not receiving this notification.

*Free and Reduced Lunch accounts: Families that qualify for free/reduced lunches are still required to pay for *seconds* at lunch (seconds cost 50 cents). Students are not allowed to charge for seconds...in other words, seconds are not allowed to go under \$0.

*PowerSchool Family: Parents are reminded to click on “PowerSchool Family” located on the front page of the school website, to check your child’s grades. If you do not know how to access your account, please contact Leslie Ziska (lziska@wakefieldschools.org) or Lori Harding (lharding@wakefieldschools.org) and you will receive guidance on how to check your account.

*Facebook: The school Facebook account is perhaps the best/easiest way to check for schedule changes and school calendar events. It is also a good place to check for “goings-on” at the school, via photos of student events. The school Facebook is titled “Wakefield Community School District.”

*Contact info: Parents are encouraged to inform the school if phone numbers, or any contact information, changes. You should be receiving our calls, or texts, or emails with frequent reminders. If you are not receiving these calls, it may be due to the school having incorrect phone numbers.

*A reminder that school will dismiss for winter break at 2 p.m.
on December 21 and resumes on Thursday, January 3, 2019*

The school and both gyms will be closed Dec. 22 through Dec. 26

Basketball teams will play in the Wisner-Pilger Holiday Tournament Dec. 27-29

Below is an article taken from “Tech Talk Tuesdays” on screenagersmovie.com

How to say ‘no’ effectively

There are so many reasons why for many youth screen time has crowded out activities and interactions that would benefit them—in other words, why they are experiencing excessive screen time.

One of the reasons is the inner discomfort that many parents (and teachers) feel from saying “no” to their children and teens. Saying no and being able to tolerate the myriad of emotions that result, such as guilt, self-doubt, and sadness is challenging for many people. On top of that, the child may add on their own negative emotions to the “no,” such as anger and disgust. Having to tolerate any one of these emotions, let alone several of them at one time, is a major undertaking.

Perhaps you have been wanting to set new limits, such as saying “no” to screen time in the car, “no” to screens in the bedroom at bedtime, “no” to screens at the dinner table. I will give some tips below but first these insights.

I have thought long and hard about how challenging it is to tolerate the discomfort of setting boundaries and saying no, not only from my viewpoint as a researcher and speaker on tech and parenting but also from my 25 years of practicing medicine. The hardest “no” that health providers are confronted with over and over is a person requesting opioids when the provider does not think the opioids are in the best interest of the patient.

What has frankly shocked me over the past couple of years with the discussions on the causes of the opioid crisis is that I never hear anyone (reporters, authors, policy makers, etc.) bring up the fact that a contributing cause to this crisis is the fact that health care providers often prescribe these medicines because they can’t tolerate the backlash from saying “no.” We hear reasons about how the drug companies told providers that the long-acting opioids were not addicting, about broken health systems, and others, but the human interactions in the providers’ offices are ignored.

In medical school, students learn next to nothing about addiction medicine. This amazed me since so many of the patients I was seeing in the hospital were there due to addictions (lung disease and tobacco, liver disease and alcohol, and so on). I decided to do an elective in addiction medicine and had the good fortune of having an incredible mentor, Dr. Barry Rosen. He would always tell me that, “The surgeon has her tool, a scalpel...my tool is my words.” Watching Barry lead complex dialogues, laden with intense emotions from his patients such as shame, denial, and hope, was true mastery in action.

I went on to do research and short films on doctor-patient communication, opioid requests, and recovery. In the films I talk about one way to stay compassionate when setting boundaries is to remind oneself that it is the addiction talking (or crying or yelling), and not the person. That person at say 15, or pick any pre-addiction age, would never have thought to themselves “I would love to be a slave to heroin, wouldn’t that be great and how cool to know that I could die each time I use it.”

The real skill of a health provider is in their effective communication to be able to maintain a connection with the person so that along with a “no,” come discussions about why the “no,” collaborative decision making for alternatives and at times conversations about recovery treatment. Daily my heart hurts when I think of all the people and families dealing with an addiction of any type. If you are interested to hear about the many solutions happening

around the opioid epidemic, my dear friend Ann Boiko just launched a wonderful podcast series on iTunes called [Finding Fixes](#). I recommend listening to an episode with your teens.

Back to our topic of saying “no” to prevent excessive screen time. Here are some tips.

Prepping to say the “no”

1. Spend time writing out why you want to set this screen limit so you feel confident that it is an overall positive thing for your child—such as providing undistracted time for better sleep or for them to build in-person relationships.
2. Remind yourself that there are hundreds of studies that show parenting with love, but with boundaries, leads to the best outcomes (vs. command and control type parenting or a passive parenting style.)
3. Baby steps are key. Just pick one thing you have wanted to say “no” to and work on that single challenge. Start with the easiest one.
4. Know that you are modeling to your children, students, girl scouts, etc. the deeply important skill of “acting with integrity.” If you really believe, as I do, that having times undistracted by devices is good for youth (and all of us), then you are showing them that you are willing to act in line with your beliefs even though it means stepping into discomfort.

Fostering autonomy

Achieving greater autonomy as one enters adulthood is a primary human need. Whenever possible give your child some agency around the “no.” For example, you realize that you think that it is more beneficial to your 13-year old that devices, including the phone, no longer be in her room at bedtime. You do the steps above and now want to appeal to her need for some control. Ask something like, “What time are you thinking the phone should be put away? Should I come and get it or should you give to me at that time?”

Holding persons accountable

One of the biggest gifts we give is holding people we care about accountable for their actions. It takes energy to do this and yet payoffs are well worth it. So know as you do the work to enforce the “no” that you are giving a gift, one of energy and dedication. In an upcoming TTT, I will talk more about accountability and consequences.

For today’s Tech Talk Tuesday here are some questions to open a conversation around “no.”

1. As always start a conversation about the positives of tech such as what cool tech activity grabs everyone’s attention the strongest these days.
2. If your child currently has any devices with them in the bedroom at bedtime, ask the reasons they like having their devices in their room with them.
3. What time do they think is a reasonable time to put devices away, out of their room?
4. Discuss other possible “no” situations related to screens that you may wish to create.



From the Principal's Pen

Jerad Wulf, PK-6 Principal

**Oh the places you'll go,
Today is your day!
Your MOUNTAIN is waiting,
So ...get on your way!**

--Dr. Seuss

Setting Goals

The middle of the school year is a great time for families to check in with students on goals. Setting academic and personal goals help motivate, energize and focus students. Goal setting can be tedious, even intimidating, for some students. Parents can support students in this process by following these steps: pick it, map it, do it, own it and celebrate it.

Pick it: Encourage your child to consider his or her dreams and passion and pick a goal that is meaningful to them.

Map it: After your child picks a goal, help map the path from where he or she is now to where the child wants to be.

Do it: Once you and your child have mapped a path to their goal, encourage him or her to take action, focus on the first step and give their best effort.

Own it: As your child makes progress towards their goal, help him or her to take responsibility for making it happen. Be sure to help your child keep a positive attitude and own mistakes as well as successes.

Celebrate it: Acknowledgement and celebration are huge parts of achieving goals. Acknowledge every effort and celebrate your child's mini-successes along the way to achieving their goal.

Success is assured when students believe in themselves and their ability to achieve. Parents are key to helping them believe and succeed.

Bobbi DePorter of Quantum Learning Network wrote this report to parents.

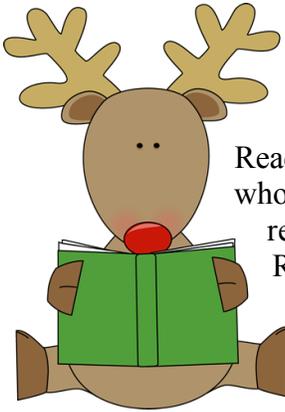
Remember to call the school if your student is absent

If your child is going to be absent from school for any reason, please be sure to contact the main office. If we do not hear from you, we will call to find out where your children are.

If we do not reach you at home, we will call your work phone or send law enforcement to your home. If you have any questions or comments, feel free to contact Mr. Wulf or Mrs. Anderson in the elementary office, (402) 287-9892.

Many families may choose to take an extended vacation in December and January. Please let the school know as soon as possible if you plan to extend your scheduled break. The earlier that you can notify the school the more likely we will be able to support your travel.

Read Something!



Reading helps lay the foundation for success in school and later in life. Being able to read proficiently increases learning opportunities in all subject areas and greatly increases our ability to communicate thoughts and ideas.

Reading is a skill, and just like other skills, it gets better with practice. Kids who spend as little as 30 minutes a day reading are more likely to become good readers. Too often we think of reading as a chore or worse yet, homework. Reading should be fun! Most people, kids included, would enjoy reading more if they could find something that interests them. The key is to find something you enjoy. It does not have to be a book - pick up a magazine, newspaper, or a nonfiction book. These other avenues can capture the attention of people who do not enjoy reading fiction.

Vacation gives families an opportunity to make reading fun because it is less likely to be accompanied by other homework. Take some time this vacation to read with your kids. It does not have to be intense, 10-15 minutes per day. If you struggle getting your kids to read on their own, read to them. This is probably the most important thing you can do to encourage your children to read. Remember, when you start anything new, gradually work it into your schedule and vary the length and subject matter of your reading.

Give family reading a try this vacation, it is a wonderful way to spend quality time together.

Counselor Corner

Information for Parents and Students about Graduation,
Scholarships & College, Bullying and more.

By

Lori Harding (lharding@wakefieldschools.org)
7-12 Guidance Counselor

Seniors busy as first semester draws to a close

With the first semester coming to a close, students are keeping very busy with class work and winter activities. Seniors are busy visiting college campuses and working on scholarship applications. There are several things seniors should be doing to prepare for completing scholarships. Always keep in mind scholarship deadlines, update personal activity resumes, contact quality references, tailor essays to the requirements of each scholarship, and pay close

attention to

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grammar, spelling, and neatness. Proofread, proofread, and proofread once again!!!

Seniors and their parents also need to be completing the FAFSA (Free Application for Federal Student Aid). Even if you do not think you will qualify for grants (money you do not have to pay back), all will qualify for low-interest government funded loans. The FAFSA form can be completed at any time now and I would suggest to have it completed before we come back from Christmas break. There are several seniors who have the process completed already! For help completing the FAFSA, contact EducationQuest at 888-357-6300. You can also contact the financial aid office of the college your senior plans on attending as most assist students and parents in completing the application. Once the FAFSA has been completed, you will receive a Student Aid Report (SAR). The SAR acknowledges that your FAFSA was received and gives your Estimated Family Contribution (EFC) based on the application. College(s) who receive your FAFSA results typically won't send you a financial aid package until you've applied and been accepted to the school. Always watch for verification requests. The college(s) you listed on your FAFSA might request verification of your FAFSA information. If so, send the required documents to the colleges' financial aid office. Once the college has received all the documents requested, by late spring they will send you a financial aid award notification detailing the types and amounts of aid they are offering based on your financial need.

Looking ahead, all juniors will be taking the ACT test in April. More information regarding this will follow in the months ahead. Sophomores will be taking the Pre-Act test on March 6. This will give them a snap shot of what's ahead for them and help them better prepare for the ACT. Our school has made OnToCollege ACT test prep materials and tools available for all high school students. If students do not remember their log in information, they should stop in my office throughout the school day and pick it up.

Please contact me anytime if you have any questions. Contact me by email (lharding@wakefieldschools.org) or phone (402-287-2012).

IMPORTANT DATES TO MARK ON YOUR CALENDARS:

January 11	Last day to register for the February 9 ACT test
February 1	Deadline to submit the Susan T. Buffet Scholarship application

***Wishes for a blessed holiday season and happy new year
from the counselor's office!***

*And the Grinch, with his Grinch-feet ice cold in the snow,
stood puzzling and puzzling, how could it be so? It came
without ribbons. It came without tags. It came without
packages, boxes or bags. And he puzzled and puzzled 'till
his puzzler was sore. Then the Grinch
thought of something he hadn't before.
What if Christmas, he thought, doesn't
come from a store. What if Christmas,
perhaps, means a little bit more.*

~Dr. Seuss

