

Kathy Lewis, Counselor

North White Elementary School
304 E. Broadway St.
Monon, IN 47959
219-253-6663 kLewis@nwhite.k12.in.us

Dear NWES Parents:

There are so many important things our children need to learn in order to be successful in life. While academics are important, character development is also vital. We are focusing on teaching our students about respect, kindness, responsibility, effort and perseverance. It is our hope that by having these skills, our children will be more resilient to difficult situations and will be able to build on their strengths and be successful in school and in life. Parents and school working together in teaching these skills will provide the best chance for our children to be successful. As always, I am available to discuss your child's needs. Feel free to contact me.

Mrs. Lewis

Ned's Mindset Mission

On March 4, 2019 our students participated in a presentation Entitled "Ned's Mindset Mission". Through the use of humor, yo-yo and magic tricks, puppetry and storytelling, students were inspired to:

- N**ever give up – to understand the Power of Yet
- E**ncourage others – to spark courage in other people
- D**o their best – to always be learning and growing.

Respect is to feel or show honor, caring and consideration for the needs or feelings of someone else. Teach your child to respect everyone.



Upcoming Events

March 19

NW/Monon Food Pantry
9-11 am & 3:30 – 5:30

March 18 – March 22

I Read test for 3rd graders

March 25 – March 31

Spring Break

Important Announcement

If you need assistance in providing for basic needs for your family, such as clothing, food, school supplies, housing, or utilities please contact Kathy Lewis. We can help you locate agencies that provide help with these things.

“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.”

----- Malcolm X

College Information

College is education and training you go to after high school.

Sometimes it is called postsecondary education. It includes all your options after high school, like a four-year college, community college, apprenticeship, or the military. Your postsecondary education may take one year, two years, four years or more! When you have completed your postsecondary education, you will have a degree or certificate.

In today's world, you need to go to college. Nearly 2/3 of all new jobs in Indiana require some form of education beyond high school.

You can **prepare your child for the future** by discussing the importance of school and hard work, talk to your child each day about what he/she is learning, set up a regular time and place to study, read at least 20 minutes each night, teach them organizational skills, and have high expectations.

You can get more information from LearnMoreIndiana.org/college. The following is from that website:

There are a lot of postsecondary education paths you can take. Check out some of your options below.

Military	length varies	Army, Navy, Marines, Coast Guard, Air Force
Workforce Certificate	1-2 years	Short –term programs to teach you how to do your job better or start a new job.
Associate Degree	2 years	A two –year college degree. You can earn this on the way to earning a bachelor's degree.
Bachelor's Degree	4 years	A four-year college degree.
Master's Professional Degree + Doctorate Degree	Bachelor's Degree + 2-8 years	The highest college degree. These degrees offer very specific knowledge, and people usually have to pass a big test to earn them.

“Education is a shared commitment between dedicated teachers, motivated students and enthusiastic parents with high expectations.”

- Bob Beaupiez

Indiana has more than

50

Colleges

Children today have access to many social media sites. The following tips for social media safety is provided by Positive Promotions:

9 Tips for Social Media Safety

- 1 Set Rules:** Create social media ground rules your child must follow. Enforce consequences for breaking rules.
- 2 Have Limits:** Set age limits for social media sites and time limits for usage on them.
- 3 Know Passwords:** Get passwords for your child's phone and all email and social media accounts.
- 4 Monitor Use:** "Friend" or "follow" your child on social media and check in often. Also, look into software that tracks and limits your child's usage.
- 5 Talk Dangers:** Remind your child that everyone is a stranger online, and no one can be trusted.
- 6 Reputation Matters:** Explain that once something is posted or shared online or via text, your child cannot get it back. Future college administrators and employers may see or find it.
- 7 Social Media Central:** Keep smart devices in central locations and not in the privacy of a bedroom.
- 8 Protect Private Info:** Teach your child never to give out personal information, even for free samples or contests. Review photos your child wants to post to ensure they're harmless with no identifiable locations.
- 9 Lead by Example:** Limit your time on social media and keep your tone respectful, and your child will follow your example.

9 Consejos Prácticos de Seguridad en los Medios Sociales

- 1 Establezca normas:** Establezca normas fundamentales para medios de redes sociales que su hijo tiene que cumplir. Implemente consecuencias por infringir las normas.
- 2 Establezca límites:** Establezca límites de edad para los sitios de medios sociales y tiempos límite de uso en los mismos.
- 3 Conozca las contraseñas:** Obtenga las contraseñas de los teléfonos de su hijo y de todas sus cuentas de correo electrónico y medios sociales.
- 4 Monitoree el uso:** Hágase "amigo" o "siga" a su hijo en los medios sociales y visítelos frecuentemente. Además, esté atento a software que da seguimiento y limita el uso de medios por su hijo.
- 5 Hablen sobre los peligros:** Recuerde a su hijo que todas las personas en línea son extraños, y no se puede confiar en ninguno.
- 6 La reputación es importante:** Explique que una vez algo se publica o comparte en línea o por medio de texto, su hijo no lo puede volver atrás. Los futuros administradores de universidades y empleadores pueden verlo o encontrarlo.
- 7 Centro para medios de redes sociales:** Mantenga los dispositivos inteligentes en lugares centralizados que no sean en la privacidad de un dormitorio.
- 8 Proteja la información privada:** Enseñe a su hijo a nunca dar información personal, incluso para muestras gratis o concursos. Revise las fotografías que su hijo desea publicar para asegurarse que son inofensivas sin lugares identificables en el fondo.
- 9 Guíe mediante el ejemplo:** Limite su tiempo en medios sociales y mantenga su tono respetuoso, y su hijo aprenderá a seguir su ejemplo.



Vaping is a practice of inhaling and exhaling the vapor produced by an electronic cigarette (e-cigarette) or similar device.

Image 1: <https://thetotalyesho.com/wp-content/uploads/2018/03/download-1.jpg> Image 2: <https://thegadgetflow.com/portfolio/vaprear-vaporizer-apparel/> Image 3: https://i5.walmartimages.com/asr/dab69c0-c656-4dad-b148-5924585e2c40_1_5fab883d1e493d41450135b42546e08.jpeg?odnHeight=450&odnWidth=450&odnBg=FFFFFF Image 4: <https://vapingdaily.com/vaporizers/buff-it-inhaler-vaporizer-review/>

To protect and improve the health and environment of all Kansans

The tobacco industry is targeting kids by making vaping devices that look like asthma inhalers, key fobs, and hoodie strings.

E-cigarettes are devices that heat a liquid into an aerosol that the user inhales. The liquid usually has nicotine, flavoring and other additives in it. E-cigarettes are considered tobacco products because most of them contain nicotine, which comes from tobacco.

E-cigarettes are also commonly called: Vape pens; E-cigs, Tank systems and mods.

E-cigarettes and vaping is very popular with young people. According to the U.S. Surgeon General, the use of e-cigarettes has grown dramatically in the last 5 years. Today, more high school students use e-cigarettes than regular cigarettes.

What are the dangers of using e-cigarettes and vaping? (per U.S. Surgeon General)

- Contains nicotine that causes addiction
- Nicotine affects brain development. Your brain develops from the time the fetus is in the womb to around age 25.
- Nicotine causes mood disorders and permanent lowering of impulse control.
- Nicotine harms the parts of the brain that control attention and learning.
- E-cigarette use is strongly linked to use of other tobacco products, alcohol and marijuana use
- Nicotine can prime the adolescent brain for addiction to other drugs such as cocaine