

A WHOLE PILE OF CHANGE

"Change is the only constant in life."

- Heraclitus, *Greek Philosopher*

"Change is not something that we should fear.

Rather, it is something that we should welcome."

- B.K.S. Iyengar, *Yoga Master*

**"Sometimes good things fall apart so better things
can fall together."**

- Marilyn Monroe, *Movie Actress*

**"If everyone is moving forward together, then
success takes care of itself."**

- Henry Ford, *American Industrialist*

We all have experienced a lot of change in the past two months. We have new terms in our vocabulary like **SOCIAL DISTANCING**, **SELF-QUARANTINING**, and **CONTACTLESS DELIVERIES**.

We have all seen our homes turn into schools, and workplaces, and have experienced staying home in times we formerly would have jumped in a car to go visit friends and family, to watch sport games and school musicals. We all have sacrificed our normal schedules to protect ourselves and others.

We all know that we will come through this crisis, we just don't know exactly when, and that makes us nervous and fearful. I have, however, noticed that many people have embraced change and have tried to let their lives go at a slower pace. I have noticed my neighbors waving to each other and calling across the street to check in and care for each other. I have seen families using technology to keep in touch, to share, and to laugh with each other. Let's move forward together, apart.

Stay Safe. Stay Smart. Stay at Home. Protect Others.

BE #DIGITALCITIZENSTRONG



May is
**National Mental Health
Awareness Month**

Why Care?



We are fortunate as Digital Citizens to have access to technology that we can use to reach out to others. We encourage you to use your technology wisely to connect to the people that you need in your lives. Use it to let your friends, family, teachers, and community members know that you care about them and their well-being.

Express how you are feeling while we are forced to be apart.

<http://go.gstric.org/309-mentalhealth>

<http://go.gstric.org/309-whycare>



What is Clickbait? Clickbait is manipulative online content, posts, or ads designed to capture your attention and get you to click on a link or webpage, often to grow viewers or site traffic in order to make money. It can also put a virus on your computer. Don't fall for online fake, shiny ads.

ONLINE CODE OF CONDUCT

IMPORTANT GUIDELINES FOR STUDENTS AND PARENTS

RULES OF ETIQUETTE FOR ONLINE LEARNING

Be kind: Make sure you speak to others using good manners and appropriate language. Never assume what you enter in an email or other school-based application is private.

Be respectful: If we are chatting over a video conference connection, make sure to wait your turn and mute your microphone so noises aren't distracting to others.

Be responsible: If you are able to attend our virtual meetings, please connect five minutes before our meeting time so we can help with any issues. Only use the apps that your caregivers have given permission for you to use.

Be patient: We are all learning how to learn online. We can help each other by being patient as we move forward. This format is our classroom, and if we work together, we can make learning fun while we are meeting online!

- SOCIAL MEDIA - PLEASE KEEP DIGITAL MEETING CODES PRIVATE IN ORDER TO PREVENT UNWANTED GUESTS FROM ACCESSING THESE MEETINGS.
- ONLY USE ONLINE APPS AND PROGRAMS THAT HAVE BEEN APPROVED AND SET UP BY YOUR SCHOOL DISTRICT.
- THERE ARE MANY PHISHING SCAMS RIGHT NOW. ANY CHILD UNDER THE AGE OF 13 MUST HAVE PARENT PERMISSION TO JOIN ANYTHING ONLINE.

Parent Disclaimer:

Be aware of what you and your children are signing up for.

FREE ACCOUNTS ARE FREE FOR A REASON.

School district have more control over data security and safety settings.



NEW YORK STATE CYBERSECURITY FORUM REPORT

A Cyber Security & Data Privacy Forum was held January 30, 2020 at the Double Tree Hotel in Binghamton. Statewide Regional Information Centers (RICs) and BOCES collaborated to create the event and provide relevant breakout sessions.

The Forum opened with an overview of Part 121 regulation changes in NYS Education Law 2D, enacted January 29, 2020. <http://www.nysed.gov/data-privacy-security/regulations-strengthen-data-privacy-and-security>

Panelists for the discussion included **Tope Akinyemi**, Chief Privacy Officer with the New York State Education Department; **Philip Sage** with South Central RIC; **Jennifer Kenneson** with New York State Comptroller's Office; **Eric Lurie** with FBI Cyber Task Force and **Bhargav Vyas** the Assistant Superintendent for Compliance and Information Systems with Monroe Woodbury Central School District.

Sessions for Breakout 1

- Uh-Oh! The auditors are here...
- The role of Digital Citizenship in protecting your privacy
- How to inventory my district data and software
- Cyber Exposures, Trends and Insurance

Sessions for Breakout 2

- We've been hacked! Now what?
- Is our RIC protecting us?
- Third Party vendor contracts and IT policies
- NIST 101

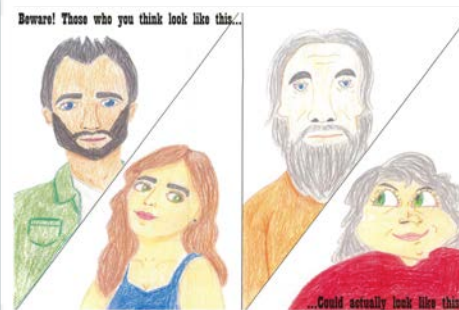
The conference was very well attended and overall feedback from participants was positive. The topic of cyber security and data privacy is extremely relevant, especially considering the school closings due to Governor Cuomo's Covid 19 social distancing orders.

2020-21 Calendar Art Contest Winners

We are so pleased to announce the student winners of our Calendar Art Contest. Each student will have their art featured on one of the month pages for the 2020-21 school year. We had over 100 entries this year from 7 Component School Districts. The printed calendars will be available in June.



Think Before You Send
created by **Pierce**, grade 12
Watkins Glen HS



Beware
created by **Hailey**, grade 11
Spencer - Van Etten HS



You Never Know Who Is Watching
created by **Carlie**, grade 10
Watkins Glen HS



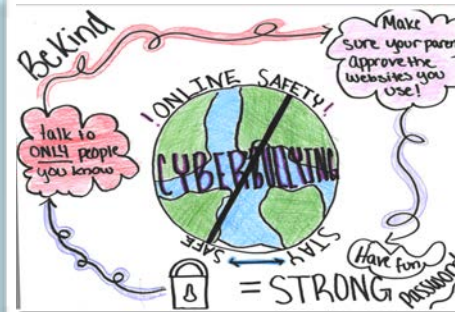
Technology Will Consume You
created by **Katherine**, grade 9
Edison HS



Not What It Seems
created by **Kamden**, grade 9
Edison HS



Keep Your Info Private & Locked
created by **Faye**, grade 9
Watkins Glen HS



Be Kind
created by **Olivia**, grade 8
Horseheads MS



Safe On Your Phone
created by **Sage**, grade 7
Campbell - Savona HS



Online Safety
created by **Jackie**, grade 6
Horseheads IS



Online Safety Tip
created by **Anya**, grade 5
Hugh Gregg Elementary



Use Age Appropriate Apps
created by **Gabby**, grade 4
Winfield Street Elementary



Don't Talk to Strangers Online
created by **Ciara**, grade 3
Winfield Street Elementary



Mrs. Mobile's Tips for Distance Learning

- 1 **Take several short screen-breaks throughout the day (about every hour).**
Make sure these breaks include movement (and not another screen).
- 2 **Keep food and drink away from your screen.**
This will require you to move to get that much needed snack or drink
- 3 **Make a point to connect with someone every day.**
Especially those you typically don't reach out to. A quick phone call, text or video call will brighten both of your days.
- 4 **Distance learning is self-paced.**
This means aside from assignment and exam dates, there is no set schedule. So, it is up to you to set your timetable.
- 5 **There's no right or wrong place to study.**
If it works for you, that's great. What's important is that you choose somewhere that's reasonably private and free from interruptions.
- 6 **Take the time to explore your online learning environment as soon as you can.**
Then if you have any questions you can find out the answer before your course work begins.
- 7 **Students who set goals and stick to them are more likely to stay motivated and achieve success in their studies.**
So, if you haven't already done so, set some study goals.
- 8 **Academic success is a combination of skill and will.**
That is, what you know and how you apply yourself. The more motivated you are, the better you'll apply yourself.
- 9 **Don't beat yourself up if you don't understand new information.**
Sometimes you'll feel bad and may think it is your fault. This can be a barrier to your understanding. When you feel like this stop and take a break. This will help your emotions take a step back and give you the chance to clear your head.
- 10 **What do you say to yourself or to others about yourself?**
Give yourself positive messages. For example: 'I can succeed', 'I'm good at ...', 'I passed my previous assignment so I can pass this one too'. Make a list of things you've done successfully in the past. Think about how you achieved those things and use those techniques again.

Source:

<https://www.openpolytechnic.ac.nz/current-students/study-tips-and-techniques/study-tips/top-10-study-tips/>
or <http://go.gstric.org/309-DLTips>

