

# Weekly Bulletin

## From The Principal's Desk

Our students are growing up in a world filled with electronic possibilities. They are able to communicate and become involved with people from literally all over the world. This connectivity can have a profound impact upon our educational programs. Here at Soledad High School, as an example, students make use of their iPads and other electronic media to participate in distance learning programs, complete class assignments, and communicate with their teachers outside of the traditional school day. These new technologies, however, do come with a price and it is up to us adults to assist our youth in avoiding potential pitfalls. Here are seven proven strategies offered by the Family Online Safety Institute.

1. Talk with your kids. When you discuss with your children about accessing information on the internet, stay calm, be open and direct, and have conversations regularly about how they are using technology both inside and outside of the home.
2. Educate yourself. Search online for things that you yourself do not understand. Try out the apps, games, and sites that your children use for yourself so that you know what they are doing online.
3. Use parental controls. Activate the safety settings in your computer operating systems and search engines. Use the parental controls on your children's phones, tablets, and video game consoles to limit their access to inappropriate material. Additionally, monitor their screen time.
4. Set ground rules and apply sanctions. Create a family safety contract about what is acceptable use for electronic devices. Set time and place limits for your children's technology use. Enforce sanctions on electronics when necessary if your child violates your rules.
5. Friend and Follow, but don't stalk. Friend your kids on social media. Respect their online space and don't overdo it, but know who your friends are hanging out with online. Encourage your children to create a good digital reputation.
6. Explore, share and celebrate. Go online with your kids and explore their online world together. Learn from them and have fun.
7. Be a good digital role model. Curb your own bad digital habits. Know when to unplug and spend time with your children. Show your kids how to collaborate and create online.



Friday, October 7

### Special KUDOS

To Gaby and Anabel in the front office for pulling together to cover the front office on Thursday while I was gone. Great job ladies.

- - Alex



## The Counselors Corner

This last Wednesday the counselors, along with ETS and Gear up counselors, opened up the computer lab for seniors to work on college applications. Over 25 seniors took advantage of this opportunity. If seniors have questions or need help completing their college applications this is fantastic chance to get assistance. The lab will be open every Wednesday, from 2:00 - 3:30 until the end of November. On Thursday 28 seniors attended an informational presentation about CSin3 and CS++. This is a great program that gives students the chance to graduate in three or four years with a computer science degree. On October 12th Soledad High School will be hosting Cash for College in rooms 1003 and 1004 from 6:00p.m to 8:00p.m. The following colleges will be on campus in the next few weeks. UC Santa Barbara on Friday, October 21st and Willamette College on Wednesday, November 2nd.

## Associated Student Body Updates

Attention all Seniors: There is a Sober Grad Meeting on Monday October 10th at 6:30pm in room 306.

Ms. Dunston is taking students to Quebec and Montreal, Canada during Spring Break 2017. She is having a parents and students meeting on Thursday, October 13th at 6:30 in Room 1102. You can stop by room 1102 if you have a quick question as well.

## Student Tutoring

Subject	Room	Monday	Tuesday	Wednesday	Thursday	Friday
Math & English	NJROTC 900	6:30 am to 7:30 am	6:30 am to 7:30 am	6:30 am to 7:30 am	6:30 am to 7:30 am	6:30 am to 7:30 am
English	601	3:30 pm To 4:30 pm	×	Ms. Jimenez 2:10 pm to 3:10pm	×	3:30 pm To 4:30 pm
Math	1005	3:30 pm To 4:30 pm	×	×	3:30 pm To 4:30 pm	×

October 10

-Columbus Day  
- Coffee with Mr. James @ Starbucks

October 11

-Staff Meeting at 3:30-4:30pm  
- Girls Volleyball at Gonzales

October 12

-Department Meetings  
-District Board Meeting  
-Cash for College 6 to 8 pm  
- Mrs. Kuchta Birthday

October 13

-Picture Retakes  
- Fall Play  
- Girls Volleyball VS RLS

October 14

- Fall Play  
- Football at Monterey Pen. College