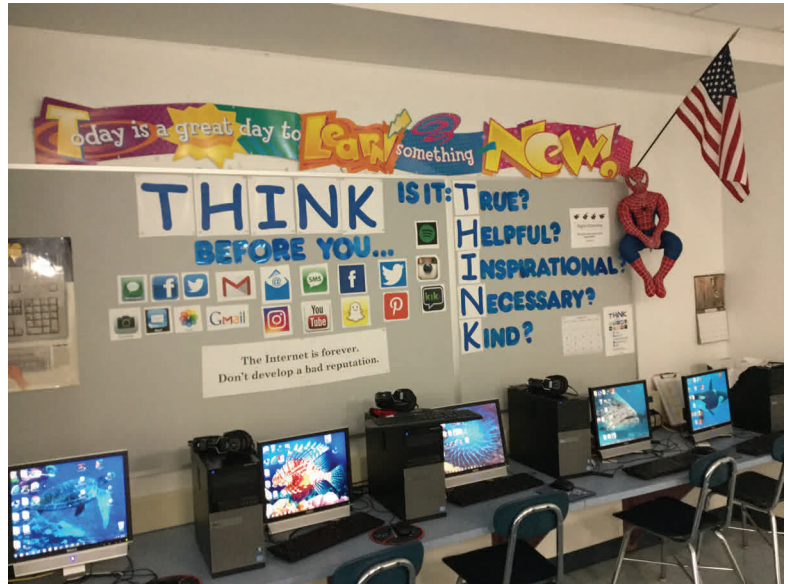


Berlin Community School  
Mrs. Nasto, Computer Lab Teacher  
"Where Learning and Technology Meet!"  
MrsNasto.com

## Technology Safety Tips:

- NJ Law and School Policies Address "Cyberbullying"
- Monitor digital screen time  
Setting limits and privacy advised.
- Social Network sites are not recommended for students under 13 years old. Closely supervise and monitor use.
- Set student profiles to private, Friend & Follow them.
- Remind students not to give out personal information online.
- Protect ears for life adjust ear bud volume no more than 50% and Limit use to 1 hour at a time.
- Take care of young eyes look away every 20 minutes and take a 10 minute break every hour.
- Best practices monitor your child's screen time gaming or Device/app use.

We are  
Building Computer Science  
Skills for Life  
Computer Programming Coding  
Scratch Coding Projects!



## Family Media Plans

Create Screen-Free Zones

Device Curfews

Plan Device Free Dinner

More Help & Ideas Visit:

[Commonsensemedia.org](http://Commonsensemedia.org)

### Contact Information

Mrs. Nasto, Computer Teacher  
[nastog@bcsberlin.k12.nj.us](mailto:nastog@bcsberlin.k12.nj.us)  
856-767-0129 Ext. 150 Rm. 50

## Blogging for Parents Students Earn Extra Credit:

Parent participation Blog what technology safety tip you think is most important as a parent on our 6th Grade Blog w/Student Support!  
Option Send Parent email you reviewed newsletter with Student.  
Support Good Character Encourage Positive healthy use of technology.

View Student Work Online [MrsNasto.com](http://MrsNasto.com)