

# Newsletter Computer Lab Mrs. Nasto



Design by:  
BCS Student Abby Lesniewski  
Update by Mrs. Nasto

September 27, 2017

## Family Media Tips:

- ⇒ Create Screen-Free Zones at home
- ⇒ Set Device Curfews
- ⇒ Plan Device Free Dinners

Technology Guides for Parents Visit:

## Parents Earn Extra Credit for Student

Share what Tech Safety Tip is most important to you! Send an Email to Mrs. Nasto or use our class Edmodo to post and follow students using a Parent Login.

## Extra Help or Lab Time

Mrs. Nasto is available after School for students who need extra help or lab time.

## Contact Information

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

Parents help supervise and guide students as they explore and use technology in our world.

## Technology Safety for Students

- ◆ Parents best practices monitor, supervise and limit Video Gaming, Social Networking, Chatting and Texting sites: use privacy settings, students should only friend people you know, set profiles to private!
- ◆ No sharing personal or private information online
- ◆ No Geo-tagging student pictures this reveals locations
- ◆ Healthy eyes 20/20 rule: look away from technology every 20 minutes for 20 seconds.
- ◆ Healthy ears 50/50 rule: volume not higher than 50% not longer than 50 minutes, best practice earmuffs.
- ◆ Technology posture and technique is important take breaks often.
- ◆ Our school has an Acceptable Use Policy (AUP).
- ◆ School policies address “cyberbullying” from home or school. Its against the law in NJ.
- ◆ Sexting when teenagers under 18 years send inappropriate pictures of themselves or other minors. This is now a criminal offense in NJ.

