



# L.B. Clarke Middle School Chronicle

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Friday, October 31st, 2014

Visit us online at: [www.trschools.k12.wi.us/schools/lbc](http://www.trschools.k12.wi.us/schools/lbc)

## The Importance Of Monitoring Your Child's Activity

I was fortunate enough to attend the Manitowoc County summit on drug abuse called "It Doesn't Start With Heroin" this past Wednesday. The changes taking place in our communities are truly eye opening. We have great law enforcement agencies in each city and the county working to restrict the flow of substances, but this problem can't be arrested away.

Agencies, entities, and influential people from all over the county are coming together in an effort to mobilize against the threat drugs are posing in our communities. It was sad to hear the stories of people losing loved ones to addiction and to see the statistics how the use of opiates (oxycontin, vicodin, demerol, codeine, morphine, fentanyl, and heroin etc.) has really increased in the county. On the other hand, it was very encouraging to see the hundreds of concerned people at the summit. Now it's time to get to work.

I can promise you that we will continue to do everything we possibly can at school to educate our kids and prevent them from using drugs. One of the main reasons we offer after-school programming is to provide a safe, structured, supervised place for our students to have fun after the school day is over. Please encourage your kids to take part! We have some really fun things going on every day after school. Our Police School Resource Officers teach D.A.R.E. in

our elementary and middle schools and are a constant positive presence in our school buildings.

You are the most influential person in your child's life. Being a good role model and monitoring your child's activity are two of the most important things parents can do to help guide children down a safe and healthy path. Their phone, room, computer, and friends are not private property. One of the most important things you must do as a parent is to monitor your child's activities.

- Set clear rules and expectations
- Know friends, parents, addresses, and phone numbers
- Trust your gut. Check on them
- Demand access to all electronics and login information for social media
- It's your house... check rooms and belongings
- If you discover information, confront them and talk about expectations.
- Implement consequences and stick to them... consequences for online behaviors should be no less than for an offline equivalent.
- Ask for help if you need it. The school, police department, county and health care organizations are here to assist you.

## Calling All Veterans!

Veteran's Day is approaching quickly and we would like to honor all veterans during our **Veteran's Day assembly on November 11th, at 2:15 p.m.**

If you, a relative, or someone you know is a veteran, we would love to have you as a guest of honor during our assembly. There will be time after the assembly for students to have cake and juice/coffee with invited guests.

**Please return the Veteran's Day invitation that was in last week's Friday folders or call school by November 7th.**

***Thank you for your service!***



## Upcoming Events

October 31st

**HALLOWEEN! Trick or Treat Safely!**

November 6th

**1st Quarter Mini-Course Day**

November 7th

**NO SCHOOL- In-service for Teachers**

November 10th-14th

**Parent Teacher Conference Week**

November 10th

**Band Boosters @ TRHS Band Room 7p.m.**

November 11th

**Veterans Day Assembly 2:15 p.m.**

November 13th

**LBC All-School Conference Night**

November 17th

**LBC Students Attend HS Musical a.m.**

November 17th

**PTO 6:30 p.m. @ LBC LMC**

November 19th

**L.B. Clarke's 127th Birthday!**



- 1. Look for the Best in Others**
- 2. Dream Big**
- 3. Choose Positive Influences**
- 4. Speak with Kindness**
- 5. Start A Chain Reaction**

**FOLLOW LBC ON REMIND**

Text @lbctr

To (321) 732-6102



or visit

remind.com/join/lbctr?utm

**PTO Candle Sale:****October 13th - November 10th**

Ask in the office  
for an order form  
or details

**HALLOWEEN  
Safety Tips**

**Two Rivers Trick or Treating  
October 31st 5-7:30 p.m.**

- **Only trick or treat during designated hours**
- **Trick or treat with an adult**
- **Plan a route in advance and know the neighborhood**
- **Wear bright colored or reflective clothing**
- **Wear flame-retardant costumes**
- **Carry a light**
- **Do not wear masks that limit vision**
- **Check candy— it should be unopened and in the original wrapper**

**13 Tips for Monitoring Kids' Social Media (Abbreviated)** Published on [www.parenting.com](http://www.parenting.com)

The American Academy of pediatrics recently released findings from a comprehensive study on the impact social media has on kids and families. Although there are real benefits to kids using sites like Facebook, including increased communication, access to information and help in developing a sense of self, there can be serious downsides to all this online sharing too.

Social networking is on the rise, and the study found that 22 percent of teenagers log onto their favorite social media sites more than 10 times a day, and that 75 percent own cell phones. This level of engagement online increases the risks of cyberbullying, exposure to inappropriate content, and sexting. Just as we prepare our kids for life in the real world, we should prepare them for life in the online world. Read on for tips that every parent should keep in mind.

**No Underage Facebooking**

Did you know that no one under the age of 13 is permitted to join Facebook? However, there is no real way for Facebook to truly enforce it, because anyone can lie about their year of birth. You need to make sure that your child stays away from Facebook until 13 AND until you are comfortable with him or her having an account.

**Check Privacy Settings**

Check that your privacy settings for the Internet and Facebook are set to the strictest levels. Depending on which browser you are using, you can adjust the settings directly from the options tab and adjust levels around cookies, third party sites and more. This not only protects the computer user, but also the computer from the threat of viruses.

**Use Filtering Software**

There are software suites you can purchase to monitor your child's Internet usage; many even enable you to view the exact keys that were typed, time spent online and all computer activity in general. Popular programs let you monitor social media sites, block chats, filter content and much more. You can even monitor your child's cell phone with software like My Mobile Watchdog.

**Create Ground Rules**

If your kids are old enough to be using the computer on their own, they are old enough to understand that there are rules they need to abide by. Breaking them should not have a lesser consequence than if they broke a rule in the offline world. The best way for families to agree on ground rules is to create a contract that all parties must sign.

**Get To Know What Your Child's Habits Are**

You don't need to be a super sleuth and spy on your kid's every online move, but it is important to be aware of the kinds of sites he is frequenting and the people he is associating with. You get to know the friends he's hanging out with at school,

and his online friends shouldn't be any different. One of the contract rules should be that you have full access to his Facebook friends and can take a look whenever you wish.

**Keep the Computer in a Central Location**

It's much easier to keep tabs on any online activity when the computer is located in a high traffic zone than if your child is using a computer in the privacy of her own room. Place the computer in a central location like your kitchen or family room so that everything is out in the open.

**Monitor Pictures Your Child Posts Online**

In an ideal world, your child would never post a photo of herself online, but that might not be entirely realistic. If she wants to share photos with her friends via email or a social networking site, be sure you know exactly which pictures are being posted. Make sure the content of the photo is completely innocuous and that no identifiable locales in the background are noticeable.

**Be a Good Example**

If you are tweeting and updating your Facebook page at a stop light and taking every opportunity to "just check something," you're setting a poor precedent for social media usage that your child will surely follow. Always remember to ask yourself if you're setting a good example and demonstrating proper technology etiquette as well.

**Limit Cell Phone Use**

Just as you would limit use of a computer, TV or gaming system, you can do the same with a cell phone. Set rules for the device, only allowing cell phone usage at certain hours in the evening or after homework has been completed. If you have teens of driving age, the most important rule to enforce is that under no circumstances should cell phones ever be used while driving. Phones should be kept off so incoming text sounds aren't a distraction or should be kept in the glove compartment, out of reach.

**Teach Kids about an Online Reputation**

Many kids don't seem to understand the permanence of the online world. Make sure to stress to your kids what a digital footprint is and the impact inappropriate messages or images could have if a future college administrator or employer were to stumble upon them. As stated in the AAP study, what goes online stays online.

**Talk to Kids about Online Dangers**

You may feel like you're scaring your kids when talking to them about the dangers of being online, but it's better for them to be scared than to be unaware. Having an open line of communication is crucial the minute your kids start using the Internet more independently. You need to remind your children that these people are strangers and that the standard rules always apply.