

The Titan Tribune

Abbotsford Traditional Secondary School

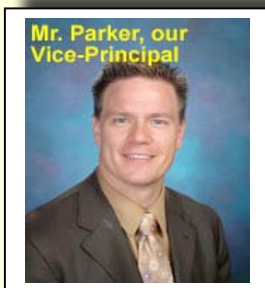
atss.ca

February 1, 2008

Volume 4, Issue 10

Principal's Message

2272 Windsor St.
Abbotsford, B.C. V2T 6M1
604-850-7029, fax: 604-850-7028



atss.podcastpeople.com

Secretaries:

Mrs. Suderman local: 1000
Mrs. Swadden local: 1001
Mrs. Mangat local: 1002

Counselor:

Mr. Abernethy local: 1107

One-to-One program:

David Ennis local: 1120

We are gearing up for the new semester as students are finishing their final and provincial exams. It has been quite a week with weather challenges and all. Mr. Abernathy is working hard to accommodate students as they complete changes in their course selections for this next semester. He will be visiting the Gr. 8 classes at ATMS in the next week or so to answer questions regarding any of our programs. Mr. Abernathy will be following up with course planning with the Gr. 8's who are planning on coming to ATSS next year. We are looking at having a Gr. 8 parent information meeting during the month of February to assist with any questions they may have with programming or laptops. We will keep you posted as to the exact date and time. As well, our secretaries are gearing up for an anticipated influx of applicants for next year as we begin pre-registration today, Friday.

We want to congratulate Mrs. Myers on the birth of her new son this past week. Mom and son are doing fine. I would also like to welcome two new teachers to our staff. Mr. Hill will be replacing Mrs. Myers teaching Geography 12, Earth Science 11 and Socials 10. Ms. McColl will be teaching in a new position for second semester bringing her cast training and experience in vocal music to teach Choir 9-12, Science 9 and Planning 10. We are very pleased with these new additions and are looking forward to them bringing their enthusiasm and expertise to our school community.

Our Gr. 9's should now all be outfitted with their new Acer laptops and a big thank-you to Mr. Ennis, Mr. MacPhail, Mr. Lane and Mrs. Lane for all their efforts in making this a painless transition. We are introducing a new section in our newsletter this week, "Education for Life", which will be included on an occasional basis which will give insights for a variety of situations. This section will be made up of quotes and stories from a variety of sources, which will have an informative and educational value for you, our parents and our students. We are certainly open to any positive/informative articles etc. you may have which would be deemed appropriate. We begin our first one with a story from Dr. Laura submitted by one of our parents.

GRADE 9 IMMUNIZATIONS

Our Health Nurses will be in the building for the Tetanus and Diphtheria shots on February 19th. Forms have gone home.

Please be sure to fill out and sign whether you would like your child immunized or not

Please send back your forms as soon as possible.



Important Dates Ahead

February 8

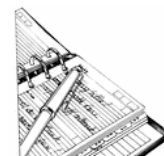
Report Cards go home

February 15

Pro-D day

February 18

Course Planning Week



STUDENT FEE PAYMENT NEEDED:

Please ensure that your child's student activity fee of \$30.00 is paid up to date. The Student Activity Fee of \$30.00 is to cover costs of student agenda's, guest speakers, student cards, school events, student recognition, student leadership, lock and locker rental. If payment has not been paid, please have your child bring cash/cheque to the office **ASAP** to update records. **For further question, please contact Mrs. Mangat, Accounting Clerk (Available, Mon, Tue, Wed from 9:00am-1:00pm). Thank you for your co-operation.**





GRADUATION 2008 INFO



Faculty:	
Dept Heads:	Local
Mr. Fedyna Math/Science	#3256
Mrs. Neufeldt Humanities	#3137
Mr. Ennis Perf Arts/Tech	#1120
Mr. Laity PE	#5107
Mr. Abernethy/Student/Ldrshp	#1107

Teaching Staff	
Mr. Barden	#1103
Mr. Currie	#3252
Mrs. Faber	#3256
Ms. Flagg	#3140
Mr. Friesen	#3138
Ms. Hunt	#5107
Mrs. Kehoe	#3134
Mr. Lane	#3248
Ms. McColl	#1116
Mr. Macphail	#5173
Mrs. Mihalech	#3240
Mr. Hill	#3235
Ms. Vandalfsen	#3136
Mrs. VanKleleck	#3237

Learning Assistance	#3135
Mrs. Collins	
Mrs. Hiebert	
Mrs. Silzer	
Mrs. Botkin	

Library	#3152
Ms. Malmas	

Cafeteria	#5169
Mrs. Isaak	

International Rep	#1110
Mr. Kim	

Youth Worker	#3255
Darlene Rayburn	

Please see Mrs. Faber's website for detailed information regarding grad fees and fundraising. <http://faber.thain.ca>

ATSS Calendar Ad Space

Attention Parents: Its back!!! And better than ever!!! With a new grad class comes a new grad calendar. This is your first opportunity to take part in the biggest grad fundraiser of the year. Simultaneously support the 2008 graduating class and promote your business venture. Many advertising slots are available for purchase throughout the calendar that will successfully create publicity for your company for the duration of an entire month. Calendars will be distributed throughout the traditional community of ATMS and ATSS students and are an exceptional advertisement option.

For more information, feel free to contact Lindsay Faber via email. Lindsay_faber@sd34.bc.ca



News from the Counseling Dept.

Friday Challenge-Presented by ATSS Leadership

- When: Friday, Feb 8
- What: Fear Factor and non-uniform day (wear clothes that clash)
- Where: in the Gym at Lunch
- Cost is \$2 with all money going to support: "Spread the Net-Mosquito Challenge"
- Sign up on Monday and Tuesday
- You could win an Ipod for your lack of fear!

Course Planning: It is that time a year again where our students will be involved in course planning for the 2008/2009 year. Course planning for our grade 8 students at ATMS will take place the week of February 11/08, and for students at ATSS the week of February 18/08. Students will be bringing home a course selection form during those times. Please take time to sit down with your child and help them with their choices in this very important process. Factors involved in making excellent choices are: what courses do I need to take to graduate, what courses do I need to take to meet college/university entrance requirements, what courses do I have an interest in, what courses match my skill set, and there are many more. Due dates to have the forms back to the school will be on the bottom of the form.

For more information please go to: http://abbynet.sd34.bc.ca/~colin_abernethy/atssstudentservicessite/courseplanning.htm. If you have any questions please contact Mr. Abernethy at ATSS.

UCFV Entrance Scholarships (Attention ATSS Grads)

UCFV President's Entrance Scholarship: 4 awards valued at \$4000 per year over 4 years for a total of \$16,000-Application deadline: April 11/08
UCFV Excellence Entrance Scholarship: 31 awards valued at \$3000-Application deadline: April 11/08

For more information and to download an application go to http://abbynet.sd34.bc.ca/~colin_abernethy/atssstudentservicessite/financialaid.htm

Any questions please see Mr. Abernethy

Remember: We are on the web!



Please remember to phone the office if your student is going to be late or absent. Thankyou!

Beat the Mosquito Challenge (ATSS Leadership)
We are excited about the challenge of raising \$1000 to help the people of Liberia and Rwanda in preventing Malaria. The money will go to purchase mosquito nets (nets cost \$10 each). For more information please read the poster. More info to follow.





ATSS School Year Calendar

GET YOUR PICTURES IN THE YEARBOOK

The Yearbook Staff invites students and parents to submit photos for the yearbook. If you've got great photos of school and community events or you and your friends just having fun, we'd like to see them. Here is how you can submit photo's online. Log onto: images.jostens.com

Enter Login ID: 300813745
Password: yearbook08

- Browse to select the photo(s) you wish to upload, click on "Image Share".
- Enter information about the photo and provide contact information in case the staff needs additional information.
- Click "Save Details".

It's that easy! Submit your photos today!
The Yearbook Staff will review all photos and determine final yearbook content. We cannot guarantee that all submission can be used in the book.

STUDENT COMPUTER HELP SCHEDULE

Revised: Sep. 25, 2007 Mr. Ennis, Mr. Lane and Mr. Macphail are the computer support teachers.

- Monday Period 2 - Block B1 Period 5 - Block D1
- Tuesday Period 4 - Block A1 Period 5 - Block B2
- Wednesday Period 5 - Block A2
- Thursday Period 4 - Block B1
- Friday Period 2 - Block B2 Period 5 - Block D2

How to Access your student's marks.

Use our atss.ca website for easy access to your student's marks and missing assignments. Simply log onto atss.ca and select "Online Marks", there you will see the teachers "Classwords" for your student's individual classes. There is a direct link to mygradebook where you will enter the classword and your student's 9-digit PEN number. This can be accessed at any time and is a great way for parents to stay aware of their student's academic progress. If you are unaware of your student's PEN number, simply call the school's office and our secretaries will be glad to give it to you.

February 1	Semester Turnaround Day
February 8	Report Cards go home
February 8	Fear Factor/Non Uniform Day
February 15	Non Instructional Day
February 18	Course Planning Week
February 19	TAC Meeting
February 19	Grade 9 Immunizations
March 11	TAC Meeting
March 14	Crazy Shirt Day
March 17-21	Spring Vacation
March 21	Good Friday
March 24	Easter Monday
March 25	Day in lieu of Good Friday
March 26-28	Days in Lieu - Not in session
March 31	School Reopens
April 11	UCFV Scholarship Deadline
April 16 & 17	Early Dismissal Days
April 18	Non Instructional Day
April 22	TAC Meeting
April 24	Report Cards go home
April 24	Parent/Teacher interviews
May 5	Café Night Concert
May 8	SS Fair
May 16	Prom 6-12 @ Hazelmere
May 19	Victoria Day
May 20	TAC Meeting
May 30	Convocation and Dry Grad
June 17	Awards Ceremony
June 19 & 20	In School Exams
June 18-26	Provincial Exams
June 27	Year End Closing

Student Leadership Activities: to view planned activities click on our event calendar:
http://abbynet.sd34.bc.ca/~colin_abernethy/atssstudentservicesite/leadershipteam.htm

TAC Meeting Summary - Jan 2008 - by Debra DeGianni

The goal of the meeting was to initiate the development of a 'Universal Code of Conduct for Traditional Schools.' The committee made excellent strides in developing belief statements for each interest group. The goal is to form action items out of these belief statements for Traditional parents, teachers, and principals. These action items will be developed with a focus on the inquiry into 'what sets Traditional apart.'

The Traditional Grade 5 teachers have proposed a 'spelling bee' for Traditional Grade 5 students. Proposed date is May 15/08 at ATMS/ATSS gym which is to be equipped with proper staging for the event. The proposed time is 6:30 - 8pm (In order to give more family members the ability to attend).

Planning for the "Dr. Marg McDonough" Library dedication is progressing nicely. Mrs. Schleppe and Mrs. Way have put a lovely piece together for the plaque that will adorn the entrance to the library. The proposed date for the dedication is Mar. 11 at 3:30pm.

Next meeting will focus on developing action items based on the value statements acquired from the January meeting.

The FORCE is a monthly parent networking and support group for those whose children and youth struggle with mental health issues. The next meeting will take place on Monday, February 4th from 7:00-9:00 p.m. at the Fraser Valley Child Development Centre located at 1089-32885 Ventura Avenue. For more information, please call Paula at 604-870-5861.

User Pay Bussing Forms for 08/09

Pre-registration forms are now available in the main office if your student needs user pay bussing for next year. They should be completed and handed in no later than May 15th.

Adidas Large Gym Bags

For sale at the ATMS office. \$35.00 each
Printed with "Abbotsford Traditional" on the top. A great item that will last a long time.



Fraser Valley Child Development Centre is offering a FREE education course for parents/relatives living with children with Fetal Alcohol Spectrum and Related Disorders "The Journey Through Fetal Alcohol Spectrum and Related Disorders"
7 consecutive Monday nights - January 21 - March 3, 2008
6:30-9:00 p.m.
#105-32868 Ventura Avenue Abbotsford
Contact Leona Fountain @ 604-852-2686 ext 246 for more information or to register





Japan Trip Non-Dress Code Day

Date: March 14th

Students can wear jeans and a crazy shirt all day. Bring a toonie to do so, and the proceeds go towards the Japan Trip.

FOR IMMEDIATE RELEASE:

CONTACT:

Heather Quick Rajala, Program Coordinator
Jessie's Hope Society, Maple Ridge, BC
(604) 466-4877
hqr@jessieshope.org

Prevention Training around Eating Disorders Takes an Inside-Out Approach

Abbotsford, BC – January 11, 2008 –Today's society is obsessed with attaining the "perfect body" – lean, thin and tall. Young children are being bombarded with conflicting messages about how to look, weigh and what to eat. Messages such as "fat is bad", "if you change your body you will be happier or have more friends" can influence a child's decision to diet, eat more, obsess about exercising or develop other unhealthy behaviours. Achieving the "perfect body" is more about one's state of mind than it is about the physical body.

Jessie's Hope Society has developed a universal prevention program, called **Celebrating EveryBODY!** Our inside-out approach is about recognizing resilience in our children and ourselves, in order to deal with the day-to-day messages received and to understand how to make healthier choices. The success of this program is the "health of the helper". By focusing on educating the adults first to understand the importance of fostering resilience in themselves will then filter onto the children. This paradigm shift means a move from trying to "fix" people to building on ones' natural strengths.

To find out more about our approach, The Ministry of Child and Family Development is sponsoring a free Parenting Workshop called "Connecting with Your Kids" on Wednesday, February 6th, 2008 from 7pm to 9pm at 2828 Cruickshank St., 2nd floor boardroom in Abbotsford. To register call Rachel Nobel at 604-870-5981. Space is limited so book early!

Jessie's Hope Society, (www.jessieshope.org) is a provincial non-profit organization whose mandate is to provide prevention training and resources to teachers, parents, community members and health professionals who support children and youth throughout the province of British Columbia. Funding for the development of Celebrating EveryBODY! was made possible by The J.W. McConnell Family Foundation, The McLean Foundation, Maple Ridge Community Foundation, Rotary Club of Vancouver, Westminster Savings Credit Union, BMO Employee Charitable Foundation and BC Partners for Mental Health and Addictions Information.

Prospera Presents



This is a family fun event leading up to the 2010 Olympic and Paralympic Winter Games. Be part of the many community groups who are "Walking to Whistler" with us. Be our guest at this celebration of Community, Fitness and the Arts!

Schedule of Events

Friday, February 8th

Flag Raising Ceremony

Abbotsford City Hall – 20215 South Fraser Way

- 12:00 pm Flag Raising Ceremony – Official Kick-Off to Abbotsford Spirit of BC Week Events
- This ceremony and the reading of the Spirit of BC Week Proclamation is a coordinated effort throughout British Columbia with events beginning the following day February 9th.

Saturday, February 9th

Abbotsford Spirit of BC Day

Rotary Stadium – 32470 Haida Drive

- 10:30 to 11:30 am Walk to Whistler registration and walk around Rotary Stadium.
- 11:00 am Flag Raising Ceremony

Cultural Festival

AgFlec Building – 32470 Haida Drive

- From 11:30 am to 5:00 pm
- Building on the success of the mini-cultural festival held in 2007, this event is designed to showcase the diversity of our cultural community. The opportunity to engage our

youth, and volunteers in this event is important to the overall flavour of the day. The day will include: Cultural Treasure Hunt, Cultural Entertainment, Ethnic taste samples, Arts & Crafts displays and demonstrations, Community groups displays, Lantern making display and workshops, Rivermania display.

Sunday, February 10th

Free Family Skate & Swim

Abbotsford Recreation Centre – 34690 Old Yale Road

- Swimming from 1:00 pm to 4:00 pm
- Skating from 1:45 pm to 3:15 pm

Saturday, February 16th

2nd Annual Abbotsford Spirit of BC Literacy Fair

Clearbrook Library – 32220 George Ferguson Way

- From 11:00 am to 2:00 pm
- This free community event will be focused on providing opportunities for our local community to experience literacy for all ages in a unique and entertaining way. Children's entertainers, community booths, arts and crafts, guest readers and healthy snacks.

For complete details on events, and more information please call 604-850-7161 or visit www.abbotsfordspiritofbc.com

A special thank you to our contributors:



A special thank you to our event sponsor:



Celebrating the inner strength and beauty of everybody



Confronting and "doing discipline," establishing boundaries, enforcing rules, being consistent it all sounds good at face value but why is it so hard sometimes to do all these things? What messages am I sharing with my children around body image, dealing with conflict resolution and other life lessons?

This evening will focus on our own inner resources as parents and caretakers and discuss the role and power of our own state of mind as it impacts ourselves and the connection we have with our children. We will examine what creates a calm or stressed state of mind and whether we have control over our states of mind no matter what the circumstances.

Coming to your community...

Sponsored by:



Date: Wednesday, February 6th, 2008

Time: 7pm to 9pm

Location: 2828 Cruickshank St., 2nd Floor Boardroom, Abbotsford


Cost: no cost

RSVP to: 604-870-5981

Funded by:

THE J.W. MCCONNELL FAMILY FOUNDATION





ABOUT THE BEAT THE MOSQUITOES CHALLENGE

What is Spread the Net?

Spread the Net is a campaign, a movement, a manifesto. Founded by Belinda Stronach and Rick Mercer following their trip to Africa in 2005, Spread the Net is a campaign designed in partnership with UNICEF Canada as a simple and affordable solution to the devastating impacts of malaria.

Malaria (link) is the single leading cause of death of children under the age of five in Africa. In fact, every 30 seconds a child dies of malaria – that’s almost 3,000 children a day. But the goal of Spread the Net is to change this.

What is the Beat the Mosquitoes Challenge?

High School students and other young Canadians are invited to join the Spread the Net Beat the Mosquitoes Challenge and help raise funds for the purchase of insecticide-treated bed nets for Liberia and Rwanda – two nations struggling in the fight against malaria.

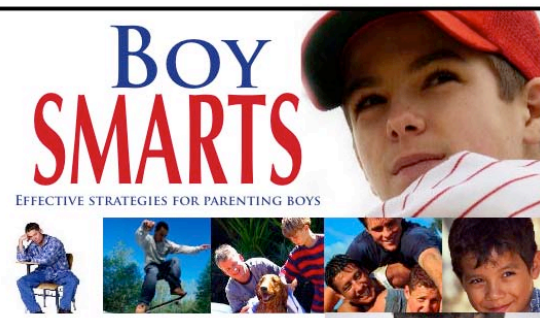
One insecticide-treated bed net costs only \$10. Just think about it: \$10 buys a couple of lattes, an album on iTunes or a trip to the movies. Or it can help to save a life. Treated bed nets have been shown to reduce malaria transmission by at least 50 percent and deaths of children under five by up to 25 percent!

The Goal:

We are challenging young Canadians to raise enough money by March 2008 to contribute another 50,000 long-lasting insecticide-treated bed nets to children and pregnant women in Liberia and Rwanda. With the help of students just like you, we can reach this goal, make a difference and save lives!

BOY SMARTS


EFFECTIVE STRATEGIES FOR PARENTING BOYS



Let's get beyond the headlines, hysterics, and the hype. This presentation will address what it takes for parents and caregivers to guide boys to become exceptional men.

- What are the unique needs of boys?
- Who is BadBoyWannabe and why do boys have difficulty expressing emotion?
- How can I talk with my boy so he'll listen and listen so he'll talk?
- How can we help our boys to become courageous, caring, and ethical men?


BARRY MACDONALD is an author, teacher and counsellor/coach who is a champion for strong families, strong schools – and boys. A sought-after speaker, he has presented to thousands of sold-out parent and teacher, and was also identified as *1 of 25 Influential People to Watch* by the *Vancouver Sun*. Barry's best selling book, *Boy Smarts-Mentoring Boys for Success at School* will be available for purchase and signing (payment by cheque or cash please). For more information visit www.MentoringBoys.com



WHEN	Tuesday, February 19 7 - 9pm	WHERE	Robert Bateman Secondary 35045 Exbury Avenue, Abbotsford
ADVANCE TICKETS	\$10 until Feb 15 at school offices of Clayburn Middle or Bateman Sec.	TICKETS AT DOOR?	\$15 at door - unless sold out Questions? clayburnpac@sd34.bc.ca

Sponsored by the PAC's of Clayburn Middle School & Robert Bateman Secondary

www.MentoringBoys.com



Dialogue

With South Asian Youth and Parents

If you're not part of the solution, you're part of the problem.


Join us for an evening of dialogue on the topics of:

- Engaging youth
- Crime prevention
- Positive parenting

Date: Wednesday, February 6, 2008
 Time: 6:30pm to 9:00pm
 Location: Abbotsford Banquet and Conference Centre
 33738 Laurel St, Abbotsford

Please register with Dhaminder.
Dhaminder.harry@paralynx.com or 604-850-7881 local 202

A Program of: Ministry of Public Safety and the Solicitor General






Education for Life

January 14, 2008 on 6:00 am | In [Relationships](#), [Facebook](#), [MySpace](#), [Social Networking](#) [EMail This Post](#)

A recent essay in the New York Times (December 2, 2007) talked about the growing popularity of social networking sites like Facebook, MySpace, and others where the word "friends" is used to describe email relationships with folks we barely know. Humans are gregarious creatures and fare better belonging to networks of family, community, spiritual groups, clubs, and so forth - all of which are sustained through face-to-face contact.

The bottom line is that the more time we spend online, the less time we spend having true relationships complete with challenges, vulnerability, risks and profundity. These are not real-world relationships with depth. These on-line relationships are shadows and facsimiles which ultimately amount to little more than casual, superficial experiences.

One mother, Jene, who listens regularly to my radio program, sent me this letter her 21 year-old son wrote to Facebook. I suggest you show this to all your children and read it twice yourself if you are hooked to on-line pseudo-friendships:

"As a mother of two young adults, I've witnessed their obsessive involvement with the many electronic forms of communication that are all the rage in recent years...email, instant messaging, texting, and the several web-based social networks like Facebook and MySpace. All are useful communication tools, but often counterproductive in really getting to know people.

It came to my attention that my 21 year-old son took a bold step recently and closed down his Facebook account by writing a breaking-up letter and posting it as a good-bye. When he shared it with me, I was touched, relieved, and very proud of his stand. I asked him if I might share this with you. His grin, soft laugh and nod of his head spoke volumes:

'Facebook, we need to have a DTR (defining the relationship) talk...It's not all your fault, it's mostly mine...This is the end of you and me, Facebook. I'm leaving you because I have spent more time browsing your pages than I have been spending in the pages of The Good Book. And I can't live like that anymore. I've let you become a monster...you've taken too much of my time and my thoughts. Maybe it's just my lack of self-control or discipline, but you're addictive to me. I'm ashamed of the number of times I check you daily. If I were able to grasp how much time I have spent swimming through your endless ocean of profiles, I would be able to bear the guilt.

Here's why: because of your profiles, I've become lazy. Because of you I found myself talking with person after person, asking them questions that I already knew the answers to. On many levels I've substituted and even avoided personal interactions with people because of your artificial and superficial means of communication. You have diluted my perception of true social interaction.

You've made me a coward. There's a difference between a Facebook friend and an actual friend. Everyone knows the difference, but when one tries to reach across the barrier from Facebook friends to actual friends it just isn't the same.

Facebook, you're not all bad. You have your benefits. I must admit, you allow me to network and keep in touch with people with whom I normally wouldn't have been able to...but at what cost? Wasting time Facebooking people I'll never meet has distracted me from meeting the person sitting next to me in class, or has kept me from calling up and hanging out with an old friend because Facebooking is just as good? I beg to differ.

In some form or another, you've hindered my investment in the relationships with those genuine people hiding behind the idealistic profiles they've made of themselves. Let's face it, I don't perceive myself in the same way someone else perceives me. From now on, I only want to know people for whom they truly are; not for what you (Facebook) says they are. I just can't trust you.

'This might seem radical, but I have to make up for lost time. This hurts me just as much as it hurts you, but I have to take a stand.

Logging out for good,





Education for Life

SOME TIPS TO KEEP CHILDREN SAFE ONLINE.

- If your kids chat online, ensure that both they and you know their online friends in real life.
- If a web cam is used, ensure that it is unplugged or blocked when not in use and that kids use it only with known friends.
- A recommended household rule should be that kids should expect no privacy with respect to their computer or Internet use.
- Put the computer in the family room, not behind closed doors.
- Test sites your child wants to use and learn how they work.
- Parents should inform themselves about the scope of the Internet, both good aspects (educational and entertainment) and bad (exposure to inappropriate material, sexual luring and worse).

(Vancouver Sun, January 21, 2008)

National Cyber Alert System

Cyber Security Tip ST05-002

Keeping Children Safe Online

Children present unique security risks when they use a computer—not only do you have to keep them safe, you have to protect the data on your computer. By taking some simple steps, you can dramatically reduce the threats.

What unique risks are associated with children?

When a child is using your computer, normal safeguards and security practices may not be sufficient. Children present additional challenges because of their natural characteristics: innocence, curiosity, desire for independence, and fear of punishment. You need to consider these characteristics when determining how to protect your data and the child.

You may think that because the child is only playing a game, or researching a term paper, or typing a homework assignment, he or she can't cause any harm. But what if, when saving her paper, the child deletes a necessary program file? Or what if she unintentionally visits a malicious web page that infects your computer with a virus? These are just two possible scenarios. Mistakes happen, but the child may not realize what she's done or may not tell you what happened because she's afraid of getting punished.

Online predators present another significant threat, particularly to children. Because the nature of the internet is so anonymous, it is easy for people to misrepresent themselves and manipulate or trick other users (see [Avoiding Social Engineering and Phishing Attacks](#) for some examples). Adults often fall victim to these ploys, and children, who are usually much more open and trusting, are even easier targets. The threat is even greater if a child has access to email or instant messaging programs, visits chat rooms, and/or uses social networking sites (see [Using Instant Messaging and Chat Rooms Safely and Staying Safe on Social Network Sites](#) for more information).

What can you do?

- * **Be involved** - Consider activities you can work on together, whether it be playing a game, researching a topic you had been talking about (e.g., family vacation spots, a particular hobby, a historical figure), or putting together a family newsletter. This will allow you to supervise your child's online activities while teaching her good computer habits.
- * **Keep your computer in an open area** - If your computer is in a high-traffic area, you will be able to easily monitor the computer activity. Not only does this accessibility deter a child from doing something she knows she's not allowed to do, it also gives you the opportunity to intervene if you notice a behavior that could have negative consequences.
- * **Set rules and warn about dangers** - Make sure your child knows the boundaries of what she is allowed to do on the computer. These boundaries should be appropriate for the child's age, knowledge, and maturity, but they may include rules about how long she is allowed to be on the computer, what sites she is allowed to visit, what software programs she can use, and what tasks or activities she is allowed to do. You should also talk to children about the dangers of the internet so that they recognize suspicious behavior or activity. The goal isn't to scare them, it's to make them more aware.
- * **Monitor computer activity** - Be aware of what your child is doing on the computer, including which web sites she is visiting. If she is using email, instant messaging, or chat rooms, try to get a sense of who she is corresponding with and whether she actually knows them.
- * **Keep lines of communication open** - Let your child know that she can approach you with any questions or concerns about behaviors or problems she may have encountered on the computer.
- * **Consider partitioning your computer into separate accounts** - Most operating systems (including Windows XP, Mac OS X, and Linux) give you the option of creating a different user account for each user. If you're worried that your child may accidentally access, modify, and/or delete your files, you can give her a separate account and decrease the amount of access and number of privileges she has.

If you don't have separate accounts, you need to be especially careful about your security settings. In addition to limiting functionality within your browser (see [Evaluating Your Web Browser's Security Settings](#) for more information), avoid letting your browser remember passwords and other personal information (see [Browsing Safely: Understanding Active Content and Cookies](#)). Also, it is always important to keep your virus definitions up to date (see [Understanding Anti-Virus Software](#)).

- * **Consider implementing parental controls** - You may be able to set some parental controls within your browser. For example, Internet Explorer allows you to restrict or allow certain web sites to be viewed on your computer, and you can protect these settings with a password. To find those options, click **Tools** on your menu bar, select **Internet Options...**, choose the **Content** tab, and click the **Enable...** button under **Content Advisor**.

There are other resources you can use to control and/or monitor your child's online activity. Some ISPs offer services designed to protect children online. Contact your ISP to see if any of these services are available. There are also special software programs you can install on your computer. Different programs offer different features and capabilities, so you can find one that best suits your needs. The following web sites offer lists of software, as well as other useful information about protecting children online:

- * **GetNetWise** - <http://kids.getnetwise.org/> - Click **Tools for Families** to reach a page that allows you to search for software based on characteristics like what the tool does and what operating system you have on your computer.
- * **Yahooligans! Parents' Guide** - <http://yahooligans.yahoo.com/parents/> - Click **Blocking and Filtering** under **Related Websites** on the left sidebar to reach a list of software.

Parent Newsletter Insert: February 2008

February is Eating Disorder Awareness Month

Watch your language - parents' words are a key factor in the prevention of eating disorders. To reduce the chance of your child developing an eating disorder, keep the following in mind:

- Avoid complaining about your body, particularly in front of children. Don't talk about calories, diets and weight.
- Emphasize your child's talents and qualities. Don't focus on their physical appearance.
- Avoid comments about your child's weight, especially when they can hear you speaking.
- Live with a positive attitude to body image, not with a focus on food and weight.



For school resources, lesson plans and more, visit www.fraserhealth.ca - search 'school nutrition'.

Active & Tobacco Free 2008 Poster Contest

Prizes

1 winner in each category
as well as teacher/sponsor

Prize details at
tobaccofreesports.ca/contest.html

Decide what the "active and tobacco free" message means to you. Be creative in sharing your thoughts with others; create a drawing that illustrates the importance of leading an active and tobacco free lifestyle.



For BC Students

Grades

4-5

6-8

9-10

Contest Deadline February 22, 2008

How to Enter

Teachers: Mail your students' artwork on the attached page to:

Alcohol-Drug Education Service

#203-2550 Shaughnessy Street
Port Coquitlam, BC V3C 3G2

or email hi-res scanned image to: contest@ades.bc.ca

Funding for this project was provided by Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.

