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Helpful Resources for Navigating everyone at Home-

– Now that School is at home for the rest of the year, one of the few ways we can get out of the house a bit is to exercise. Biking and skateboarding are fan favorites of many kids. Before they go remember to reinforce good safety habits. Traffic is much lighter than usual, but there are still cars on the road and proper hand signals and obeying the rules of the road still apply. If you have a new biker or a child who hasn't rid all winter, refresh their memory of these key safety matters.

If you live in a cul de sac or have a large driveway, use cones to set up an agility course. For little riders, putting up “stop signs” and using boxes, you can make a “city” for them to ride through. Get them in on the design and painting of the building (boxes) and you have an art project as well as some physical education.

Did you know that more than any other sport, bicycling sends **kids 5-14 to the emergency rooms**, often with head injuries? That is why many states have child helmet laws. See www.helmet.org/mandatory.html. But you don't need a law to tell you it's a good idea to protect a growing brain. It's also a good idea to protect an older one. Middle- aged bike riders represent the average age of cyclists killed or injured. Bike and traffic accidents can happen any time to anyone. Protecting yourself and your children just makes sense when helmets are the single most effective piece of safety equipment for riders of any age.

Find out more here: www.nhtsa.dotgov/bicycles

For all riders, but especially older children who are out riding alone, here are a few refreshers recommended by the Governor's Traffic Committee:

1. The Rules of the Road apply to bikers too.
2. Always wear a helmet that properly fits (see below) Protect your BRAIN.

3. Adjust your bike to fit by standing over it. (see below)
4. Check your bike equipment, brakes and tires before you ride.
5. Ride on the right side of the road with the flow of traffic (when walking, go against traffic so cars can see your face and you can see cars)
6. Control your bike with two hands, unless signaling.
7. Carry any items, books, drinks etc. in a carrier, back pack etc.
8. Don't serve in and out. Stay in a straight line at the side of the road or in the bike lane if there is one.
9. Check for and avoid road hazards-potholes, leaves, glass, dogs etc.
10. Check traffic before you turn and use appropriate hand and verbal signals.
11. Wear bright or reflective clothing and avoid riding at night.
12. Use a blinking light, or a white reflector in the front and a red reflector in the back of your bike.

Properly fitting a bike helmet:

1. Measure your head to get the correct size; try several helmets.
2. Adjust the helmet so it is level using the sizing pads.
3. The helmet should sit 1-2 inches above your eyebrows level.
4. Adjust the strap sliders on both sides of the helmet to form a "V" under the ear. Lock sliders if possible
5. Measure the length of the straps so that the helmet buckles under the center of the chin- take it off to make any adjustment.
6. There should be no more than 1 or two fingers that fit in between the strap and the chin.
7. Check the fit by yawning. If the helmet doesn't move down over your eyes, it's too loose.
Does the helmet rock back and forth- it's too loose.
8. Buy the helmet for now, NOT to grow into.
9. Check inside the Helmet for certification from U.S. Consumer Product Safety Commission (CPSC).
10. Replace the helmet when it is too small or when it has been in an accident.
11. Be a Role (Roll) model and wear a helmet too.

Properly adjusting a bike:

1. Stand over the bike.
2. Ensure 1-2 inches between the rider and the top tube/bar on a road bike.
3. Ensure 3-4 inches between the rider and the bar for a mountain bike
4. The seat should be level front to back.
5. Seat height should be adjusted so there is a slight bend in the knee when the leg is fully extended.
6. Handle bar height should be the same level as the seat.

Teenager Driving Soon? Here are resources for you:

Driving readiness- Right now the department of motor vehicles is not issuing licenses and driver education classes are not running. If your child has already received their temporary permit, now is a good time to let them practice with you. Keeping their skills up while they wait is important and it is easier now for students to practice on roads that normally might be too challenging because of high traffic. You can't rely solely on Driver's education to make your child a safe driver. Be a good role model, let them practice, talk to them about safe driving habits and the consequences of bad behavior and decisions. One bad decision can have lifelong consequences.

Here is the Graduated Driver Law for New York State:

Minimum age for full privilege driving- 17 with driver's education, 18 years without driver's ed with required driving hours (50) (15)

1. Intermediate State 16 years 6 months- limited daytime unsupervised on Long Island; restricted driving (9pm to 5 am)
2. Learner stage- 16 years and 6 months

Below are some things to be aware of and some tools to avoid these outcomes. Setting these 5 ground rules from National Highway Traffic and Safety Administration before handing keys to your teen is a good place to start :

1. No Texting
2. No speeding
3. No friends in the car
4. No alcohol- a person under 21, if pulled over must have a blood alcohol concentration (BAC) of 0.00, not 0.08 (NHTSA) which is the legal limit for over 21.
5. Buckle Up.

Did you Know that 2841 teen deaths occurred from distracted driving in 2018 alone? It's not just texting, Teens and others use driving as time to eat breakfast, drink coffee, adjust the radio, talk on the phone, fix their makeup. The list goes on. Essentially, if your eyes aren't on the road and both hands aren't on the wheel, technically that's distracted driving. Is it possible to eliminate all distracted driving? No. However, it can be minimized. 1 in 3 teens admit to texting while driving. Research has found that **talking on the phone increases a teen's risk of an accident by 6 times** and texting increases the risk **23 times** .

Taking your eyes off the road for just 5 seconds at 55 miles an hour is the equivalent to driving the length of a football field and can cost a life. 1751 drivers, 605 passengers, 400 pedestrians, 77 bicyclists were killed by distracted driving.

What you can do is:

1. Know New York's distracted driving laws- Primary law is no hand held phones and no text messaging.
2. Set Consequences- limit hours they can drive, limit where they can drive, take phone for a period, etc.
3. Set an Example
4. Hold up Buying a Car for a New Driver-According to GHSA teen drivers are more likely to speed in their own car vs. the family car.

Speeding – what you should know- More experienced teens tend to speed more, probably due to increased confidence. (Klauer et al., Simon-Morton et al., 2013) From 2000-2011, teens were involved in 19447 speeding related crashes. (GHSA) In 2016, 32% of fatal crashes involving teens were speeding related. Car crashes are the number one killer of teens. Share these statistics and talk to your teen.

There are several apps that help you and your teen monitor distracted risky driving and reward good driving habits. In choosing an app, look for compatibility with your phone, android or ios and your carrier. Here are some to investigate for your needs:

1. Lifesaver- some features that are nice is that it lets you set up rewards for your safe driver, it blocks use of the phone while driving and automatically lets parents know when teen safely arrives. It has a parent portal
2. AT&T DriveMode- blocks calls and texts and can be set up to kick in at 15miles/hr.
3. TrueMotion- Available free on both platforms. It gives you driver scores and pinpoint the exact moment of distracted driving so the teen can learn from mistakes. Let's parents know exact location of the car.
4. MOJO- also free and runs in the background – each minute of undistracted driving earns a point, at 300 pts win gift cards for \$5 to Dunkin Donuts, etc. – Can compete with friends and family for safest driving.

Check the App store or Google Play for downloads.

<https://www.nhtsa.gov/risky-driving/distracted-driving>

Now that Everything is ONLINE What do I Need to Know?-

Everything is online now-This is great in many ways, but it comes with some pitfalls that you can avoid. Also, it can be a great chance to teach critical thinking skills.

First, keep your child's credit and identity safe, by monitoring their credit. If your child starts getting credit offers in their name or mail in their name from unsolicited or unknown addresses, this can be a sign that a person has stolen their identity. Children are often attractive to identity thieves because it can go unnoticed for some time. You may not notice until your child wants to open a bank account or get a credit card or even when they are applying for a job.

What to do-

1. **Never** give out your child's social security unless it is absolutely necessary. For instance, your doctor's office does not need the social security number. Be vigilant.
2. **Keep** all their personal papers – ss card, birth certificate, etc. locked up.
3. **Shred** papers with their personal information on them
4. **Review** websites and be wary of giving out personal information online
5. **Once** every twelve months you are entitled for yourself and your child to get a free credit report from each of the three credit reporting agencies. Get it and review it for yourself and for your children. Correct any mistakes.
6. **Better still-** get one free report from one of the three every 4 months so you stagger the reports and monitor fraud better.
7. **Talk with** your kids about giving out personal identifying information and require that they ask you first whenever personal data of any kind is requested from a site.
8. **Monitor and discuss** what appropriate sharing is and isn't. Google has a program called Be Internet Awesome that has great tips. The program breaks down the areas to go over to these 5:
 - a. **Share with Care-** What you share has the potential to be forwarded, copied, and found.
 - b. **Don't Fall For the Fake-** Always think critically before acting online; if something seems too good to be true, it probably is.
 - c. **Secure Your Secrets-** Safeguarding your valuable information helps you avoid damaging devices, reputations and relationships.
 - d. **It's Cool To Be Kind -** Block mean spirited or inappropriate behavior online and use the internet to spread positivity.
 - e. **When In Doubt, Talk It Out-** It's important to be able to speak to trusted adults about everything and anything suspicious they encounter online.

Learn more here: [g.co/BeInternetAwesome](https://www.google.com/BeInternetAwesome)

Lastly when it comes to moving online- Use it as a teaching tool for critical thinking- How many influencer videos does your child watch? Here are some great questions that they can use to become more savvy consumers, as well as, develop critical thinking skills.

1. Who made this message?
2. Who is the target audience (how do you know?)
3. Who paid for this? Or who gets paid if you read or respond to this message?
4. Who might benefit or be harmed by this?
5. What important information is left out or missing?
6. Is this credible (and what makes you think so)?
7. Is the main point proven by verifiable evidence?

School Board Elections and Budget in the Covid-19 Era-This month would have been the month for Meet-the-Candidates (for School Board) Nights all across our region. This will NOT be happening in the way it has traditionally happened. Check your District website to review candidate biographies. Below are a few facts to

consider as you select your candidates. These are recommendation directly from the New York State School Board website. It could be helpful to print them out and review them at the event.

Responsibilities of a Board Member

With schoolchildren always their ultimate focus, school board members act officially at the board table, working with other board members to serve students and accomplish the following:

- Create a shared vision for the future of education
- Set the direction of the school district to achieve the highest student performance
- Provide rigorous accountability for student achievement results
- Develop a budget and present it to the community, aligning district resources to improve achievement
- Support a healthy school district culture for work and learning
- Create strategic partnerships with the community stakeholders
- Build the district's progress through continuous improvement
- Adopt and maintain current policies
- Hire and evaluate the superintendent
- Ratify collective bargaining agreements
- Maintain strong ethical standards

Characteristics of an effective Board Member

Below are attributes that all effective board members should possess.

- Effective Communicator: Can describe what he or she wants and describe what others want; a good listener
- Consensus Builder: Capable of working toward decisions that all can support and willing to compromise to achieve goals
- Community Participant: Enjoys meeting a variety of people, can identify the community's key communicators and reaches out to the community
- Decision Maker: Is comfortable making decisions and can support group decision-making
- Information Processor: Can organize priorities and schedules to handle large amounts of verbal and written information
- Leader: Willing to take risks, be supportive of board colleagues, district staff and community
- Team Player: Helps promote the board's vision and goals

School board elections and budget voting has been set for June 9 by executive order that Governor Cuomo signed earlier this month. All VOTING IS by Absentee ballot pursuant to the order. Make sure you look for your ballot in the mail and VOTE. This is a simple and very important way to engage in your student's school experience. How money is spent and what is and isn't included in district budgets determines what programs, resources and facilities will be available for your student. You have a say.

Awards and Grants-

- PARP award due June 15
- Gazzola Fellowship Award Apps in by June 15
- Jane Skryzpek Award- due to RD by June 15

Family Engagement Theme for May- Even though we are Social Distancing and still on Stay at home orders, it's important to remember to celebrate creatively at home.

Mother's Day May 10, 2020

National Teacher Appreciation Week- May 4-8, 2020

Memorial Day -May 25, 2020

Important Advocacy Calendar Notes- May

- Vote School Budget Day- Check your local School District Calendar
- Attend Suffolk by the Sea —Cancelled

RESOURCES and LINKS-

<https://www.nhtsa.gov/risky-driving/distracted-driving>

www.helmet.org/mandatory.html

www.nhtsa.dotgov/bicycles