

## **Cornerstone Care is coming to FC!**

**Who:** For all grades, K through 12

**What:** Dental Care provided using your insurance information. If you need insurance, Cornerstone Care will help your family get it. Please complete and send back their booklet to your nurse, Mrs. Cowden or Mrs. Spinden.

**Where:** Mobile Dental Unit will be here at our school.  
Convenient!

**When: November 21, 2018**

**Why:** Dental Health is Important! Something to smile about!

Forms maybe picked up and returned in the nurse's office or completed online at [www.MySchoolDentist.com](http://www.MySchoolDentist.com).

**Please turn in completed dental forms  
by 10-12-2018.**



[K-5 Family Tips](#)

## Help Kids Balance Their Media Lives



MEDIA BALANCE & WELL-BEING

We find balance  
in our digital lives.

From phones and tablets to streaming movies and YouTube, tech and media are everywhere. Kids love easy access to shows, games, and information. Parents and caregivers love that kids can learn on the go (and stay busy when dinner's cooking). But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. Families can keep media and tech use in check by following a few simple practices.

Check out these 5 tips 

- 1 **Create screen-free times and zones.**  
Help kids take breaks from tech by limiting screen time in bedrooms, during study time, or at the dinner table.
- 2 **Try parental controls.**  
Set content limits that make sense for your family. Alongside conversations about healthy media habits, use features such as content filtering, privacy settings, and time limits offered by the apps and platforms your family uses to help manage access and exposure to media.
- 3 **Establish clear family rules.**  
Decide together what kind of media and tech is OK -- and when it's OK to use it. A family media plan can help get everyone on the same page.
- 4 **Watch and play together.**  
Choose quality, age-appropriate media to enjoy with your kids. Visit [commonsensemedia.org](https://www.commonsensemedia.org) to find shows, games, and more.
- 5 **Help kids identify healthy behaviors.**  
Practice talking about feelings -- both physical and emotional -- during screen and non-screen activities.

<https://www.commonsense.org/education/family-tips/k-5-media-balance-and-well-being>



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## &gt; K-5 Family Tips

## Help Boost Kids' Safety, Privacy, and Security



PRIVACY &amp; SECURITY

We care about everyone's privacy.

When kids start to go online, whether they're playing multiplayer games, using educational apps, or just following their curiosity on Google, it's important that they understand the basics of online privacy and safety. With some general guidelines around what information is and isn't OK to share, and some help from parents when they're unsure, kids can have fun and learn a lot in the digital world.

Check out these 5 tips ↗

- 1 **Discuss personal vs. private info.**  
Talk about the difference between what's OK to share online (favorite color) and what's not (home address).
- 2 **Use privacy settings.**  
Together, go through the settings on all new apps to make sure you both know what information your kids are sharing. Especially in the beginning, it's better to share very little.
- 3 **Avoid location tracking.**  
Location-aware apps can be super helpful. But apps that use a device's location to help people find your kid or offer them ads for nearby businesses should be used with caution. Turn them off if you can.
- 4 **Power up passwords.**  
Work together with kids to help them come up with complex passwords. Think outside the dictionary. Use phrases and special characters that make passwords hard to guess but easy to remember. Remind kids to keep passwords private and change them regularly.
- 5 **Skip quizzes.**  
Help kids identify and avoid clickbait, quizzes, special offers, and anything that asks for personal or private information. This helps keep information secure and devices safe.

<https://www.commonsense.org/education/family-tips/k-5-privacy-and-security>



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SUPPORT YOUR SCHOOL

# SUBWAY® DAY



Visit your local SUBWAY® Restaurant on  and help support your school!  % of all sales on SUBWAY® Day will be given back to

All you have to do is visit the SUBWAY® Restaurant listed below, and place your receipt in the SUBWAY® Day basket!

**SUBWAY**

Spirit and Pride 2018 ORDERS DUE OCTOBER 19TH, CASH OR CHECK PAYABLE TO FCEC PTO, PUT ORDERS IN

AN ENVELOPE MARKED SPIRIT AND PRIDE

\*\*\*ALL SALES FINAL

T-shirt, Long Sleeves, Hoodies



T-SHIRT \$11.00	QTY	LONG SLEEVE \$15.00	QTY	HOODIE \$21.00	QTY
YS		not avail		not avail	
YM		not avail		YM	
YL		not avail		YL	
S		S		S	
M		M		M	
L		L		L	
XL		XL		XL	
*XXL		XXL		XXL	
*XXXL		XXXL		XXXL	

BRAND: JERZEES

\*Add \$2.00 to XXL OR XXXL

V-neck bright red blend



V-NECK \$13.00	QTY
S	
M	
L	
XL	
*XXL	
*XXXL	
*Add \$2.00 to XXL OR XXXL	
youth size not available	

BRAND: CANVAS

V-neck dark grey



V-NECK \$13.00	QTY
S	
M	
L	
XL	
*XXL	
*XXXL	
*Add \$2.00 to XXL OR XXXL	
youth size not available	

BRAND: CANVAS

T-Shirts, Long Sleeves, Hoodies



T-SHIRT \$11.00	QTY	LONG SLEEVE \$15.00	QTY	HOODIE \$21.00	QTY
YS		not avail		YS	
YM		not avail		YM	
YL		not avail		YL	
S		S		S	
M		M		M	
L		L		L	
XL		XL		XL	
*XXL		*XXL		*XXL	
*XXXL		*XXXL		*XXXL	

BRAND: GILDAN

\*Add \$2.00 to XXL OR XXXL

\*\* PLEASE NOTE SHIRTS ARE DIFFERENT COLORS BASED OFF OF COLOR AND STYLE AVAILABILITY\*\*

NAME: \_\_\_\_\_ TEACHER/GRADE: \_\_\_\_\_ AMOUNT PAID: \_\_\_\_\_



WASHINGTON PARK SCHOOL  
801 East Wheeling St, Washington PA

# FALL FESTIVAL

Title 1 Parent and Family  
Engagement Program

OCTOBER **17** 2018  
**5:30-7:30PM**

**FALL ACTIVITIES**

**MAKE 'N TAKE GAMES**

**BOOK FAIR IS OPEN**

**BASKETS TO WIN**



# You're Invited

Washington County Federal Program Coordinators  
Title I Parent and Family Engagement Program

**Wednesday, October 17, 2018**

**"FALL FESTIVAL"**

**Washington Park School**

801 East Wheeling St., Washington PA

Program 5:30 pm - 7:30 pm

*Please join the Federal Program Coordinators and other Title I parents and families for a night of fun at our Fall Festival with fall activities, make 'n take games, book fair and baskets to win.*

**Be sure to send the registration form below to your child's teacher ASAP or by Monday, October 1, 2018.**



## Registration Form

WCFCPC Title I Fall Parent and Family Engagement Program  
Wednesday, October 17, 2018

Student Name(s) \_\_\_\_\_

Parent/Guardian Name(s) \_\_\_\_\_

Yes, I will attend the Fall Parent & Family Engagement Program on Wednesday, Oct. 17, 2018.

How many **total** family members will attend (including students) \_\_\_\_\_

**Please return to your child's teacher on or before Monday, October 1, 2018.**



# 2018 7th Annual McDonald 5k Charity McRun

## OCTOBER 14, 2018

BENEFITS:

**FORT CHERRY  
EMERGENCY BUCKET LIST &  
FORT CHERRY  
HELPING HANDS PROGRAM**

### 5k/ 1 MILE FUN RUN

\$25 REGISTRATION  
\$30 PER FAMILY FOR 1 MILE FUN WALK

PRIZES AWARDED IN MULTIPLE CATEGORIES  
FOR BOTH MEN/WOMEN TOP FINISHERS!

RACE STARTS AND ENDS AT HERITAGE PARK  
151 SCHOOL ST., McDONALD, PA 15057  
FLAT, OUT AND BACK COURSE ON  
THE PANHANDLE TRAIL.

REGISTER ON  
RUNSIGNUP.COM  
(SEARCH FOR "McRun")  
OR AT **BODY SYSTEMS  
FITNESS**  
106 W. LINCOLN AVE.,  
McDONALD • 724-492-1386

