



SMS EAGLES





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OUR

SCHOOL

STEAM
Program

Single
School
Culture


Learning
for all

Student Success

How do I support my child?

- Schoology
- HAC
- Communicate with teachers
- Get involved!
- Limit Social Media
- Ensure solid sleep time





Agenda for the week
Resources
materials
Make up work

How do I get there?

SMS Website
Clever
Links for students





Grades
Test scores
Report
cards
Attendance

Login to
Home Access Center

eSchoolPLUS Mobile Family App

 Download on the
App Store

 GET IT ON
Google Play

 Download for
kindle



Get involved!

PTO Meetings

SAC Meetings

Weekly Updates

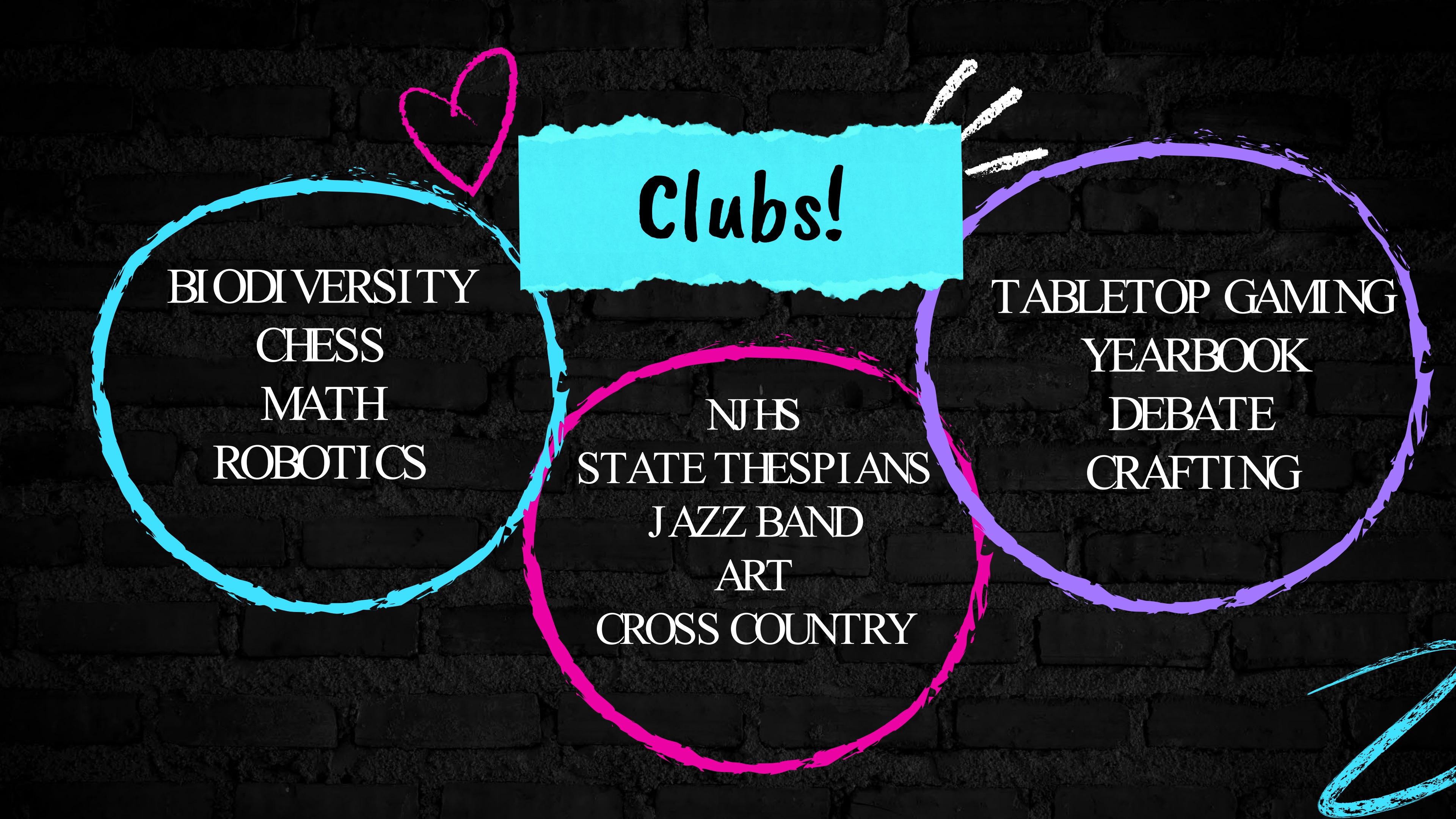
Volunteer



You're
Invited

Virtual Teacher
int r o d u c t i o n s

””



Clubs!

BIODIVERSITY

CHES

MATH

ROBOTICS

NHS

STATE THESPIANS

JAZZ BAND

ART

CROSS COUNTRY

TABLETOP GAMING

YEARBOOK

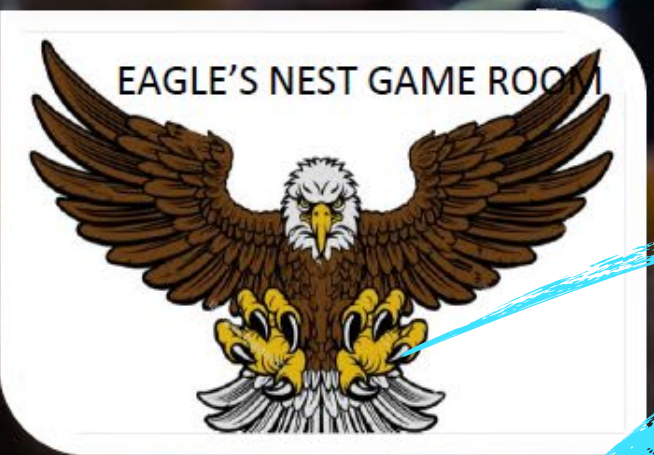
DEBATE

CRAFTING

EAGLE POINTS

S.O.A.R
Show Respect
Own Your Actions
Accept Differences
Realize Your Potential





WHAT CAN I
DO?

SOCIAL

MEDIA



BE EXTREMELY INVOLVED IN CELL PHONE MONITORING:



SLEEP CYCLES:

11- 12 YR OLDS 9- 12 HRS
SLEEP

13- 14: 8- 10 HRS SLEEP

AAP/ CDC GUIDELINES

- WHEN TO USE YOUR PHONE?
- WHEN AND WHERE TO CHARGE IT?
- GENERATE ROUTINES

SCREEN TIME & DEPRESSION

SOCIAL MEDIA HAS BEEN LINKED TO INCREASED ANXIETY, FEELINGS OF INADEQUACY, DEPRESSION, AND FEELINGS ASSOCIATED WITH POOR BODY IMAGE (WAKEFIELD, 2018). THIS IS IN LARGE PART BECAUSE KIDS USE SOCIAL MEDIA TO COMPARE THEIR WORST TO OTHERS' CURATED, FILTERED IMAGES.



SNAPCHAT
AND
INSTAGRAM
WERE THE
MOST LIKELY
TO INSPIRE
FEELINGS OF
INADEQUACY
AND ANXIETY.

PARENTS SHOULD CONTINUE TO BE EXTREMELY INVOLVED IN CELL PHONE MONITORING.

- APPROPRIATE COMMUNICATION
- FRIENDS/ CONTACTS/ GROUP CHATS
- CYBER BULLYING



81% OF YOUNG PEOPLE THINK
BULLYING ONLINE IS EASIER
TO GET AWAY WITH THAN
BULLYING IN PERSON.

[HTTPS://WWW.STJOHNS.K12.FL.US/GUIDANCE/SOCIAL-MEDIA-MASS-MEDIA-PARENT-RESOURCES/](https://www.stjohns.k12.fl.us/guidance/social-media-mass-media-parent-resources/)

CONFLICT

VS.

BULLYING

clash or disagreement
between 2 people

No imbalance of power

Feelings may still get hurt

A clash or disagreement BUT

it is repeated

it is intentionally designed to hurt

There is an imbalance of power



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- [Our District ▾](#)
- [Families ▾](#)
- [Schools ▾](#)
- [Staff ▾](#)
- [Careers](#)
- [How To ▾](#)

St. Johns County School District > Guidance & Programs of Choice > Social Media, Mass Media & Cyber Safety Parent Resources

DEPARTMENT INFORMATION

- [Department Contacts](#)
- [Charter Schools](#)
- [Controlled Open Enrollment \(COE\)](#)
- [Graduate School Counseling Interns](#)
- [District Crisis Team](#)
- [Home Education](#)
- [Family Empowerment Scholarship for Students with Unique Abilities \(FES UA\) for Students with an IEP](#)
- [Family Empowerment Scholarship Program](#)
- [Hope Scholarship Program](#)
- [List of Approved Curriculum/Instructional Materials](#)

HELPFUL LINKS

- [Advanced High School Programs](#)
- [Career Readiness](#)
 - [8th Grade Career Exploration](#)
- [College & Career Night 2023](#)

Social Media, Mass Media & Cyber Safety Parent Resources

Internet

- [Florida Department of Education Internet Safety Resources](#)
- [Safe Steps – A Parent’s Guide to Online Safety, Child Abduction, and Runaway Issues](#)

Social Media

- [Social Media and Teens: The Ultimate Guide to Keeping Kids Safe Online](#)
- [A Parent’s Ultimate Guide to YouTube](#) – This website provides practical information about YouTube settings and potential security concerns for children.
- [Parent’s Guide to Social Media Use for Kids \(Psychology Today\)](#) – This article provides a list of apps and other settings parents can use to monitor children’s social media and cell phone usage.
- [Sharing Safely on Social Media](#) – This website provides parents with information on safe streaming and posting habits on social media.
- [Parent’s Guide to Mobile Phones](#) – This booklet provides safety tips on cell phone usage for parents and a checklist to help decide if a child is ready for a cell phone.
- [A Parent’s Guide to Fortnite](#)
- [A Parent’s Guide to TikTok](#)
- [A Parent’s Guide to Snapchat](#)
- [A Parent’s Guide to Instagram](#)
- [A Parent’s Guide to Kik](#)

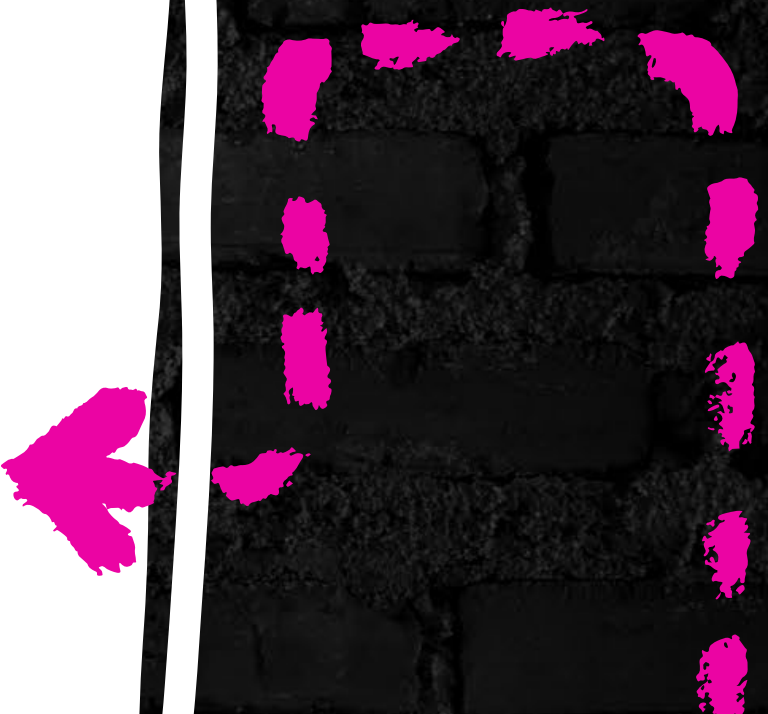
AGE APPROPRIATE APPS

PARENTAL CONTROLS



How can we help?

If there is a problem on social media:

- Stop your child's access to the upsetting content
 - Revisit safe cell phone expectations with your child
 - If you think it will be a problem at school email / call the dean
 - If there are concerns regarding harm to others or self harm on any texts to your child outside of school hours contact SJSO.
- 



THINGS TO DO!!

BOOK FAIR

MEDIA CENTER

PTO

MEDIA CENTER

SCHOOLGY

B565

REFRESHMENTS

CAFETERIA



THANK

you