



Thirty-Third District PTA

NOVEMBER 2021

HEALTH HAPPENINGS



“I remind myself that I’m always more satisfied by human interaction than by a digital connection.”

MAULIK PANCHOLY, Actor

MONTHLY FOCUS

NATIONAL PTA HEALTHY LIFESTYLES MONTH

Focus: Cyber Safety and Reducing Screen Time

PTA Healthy Lifestyles Month is an annual designation observed in November by the California State PTA and Thirty-Third District PTA. The goal of PTA Healthy Lifestyles Month is to promote a healthy lifestyle for students in and out of the classroom. The National PTA’s Healthy Lifestyles focus for this year is to drink more water. Please see the ‘Health Resources’ section for a link to more information.

The focus for Thirty-Third District PTA this month is to reduce screen time and increase awareness for proper cyber security. There continues to be much concern (from both parents and medical professionals) that increased screen time during the pandemic may have negative consequences for our children and teens. It is difficult to get a confirmed statistic for the actual amount of increase that there has been, though there have been multiple studies. Education switching to an online modality for over a year surely increased the time online. There is much research that supports that recreational time online also increased. While some professionals say that parents should not be too hard on themselves for being more relaxed during this difficult time, it is still widely acknowledged that American children have become more sedentary. If it is possible to reduce screen-time, this is one way to give children more free-time to get some exercise. The physical and mental health benefits of exercise are well documented.

Many adults fear that with the increase in social media use and online gaming, our children are at risk. Thirty-Third District PTA would like to provide resources and information regarding internet safety. Parents are encouraged to review this information with their children. Please see the ‘Health Resources’ section of this newsletter for details.





OTHER HAPPENINGS

As a part of the Connecting Community Speaker Series, the Thirty-Third District PTA will be hosting a **webinar on cyber security on Tuesday, November 16th at 7:00 p.m.**

Please register here:

https://uso2web.zoom.us/webinar/register/WN_BH2EtxhKTN2CatP7BKEetg

The webinar will be presented by the Redondo Beach Police Department and will cover the following:

- Tips and valuable strategies to help parents protect their children from the digital world.
- Practical solutions for how to prevent kids from sharing too much personal information online, avoiding strangers, and general internet safety.

HEALTH RESOURCES

CDC Digital Media Toolkit: Flu Season 2021-2022

Loads of graphics and other information to help spread the word about the need for flu vaccines!

<https://www.cdc.gov/flu/resource-center/toolkit/index.htm>

Internet Safety for Kids

Article from ConsumerNotice.org regarding the best ways to protect your child. Over 20 referenced research articles.

<https://www.consumernotice.org/data-protection/internet-safety-for-kids/>

National PTA Healthy Lifestyles Initiatives

<https://www.pta.org/home/programs/Healthy-Lifestyles>

NEXT MONTH

DECEMBER 2021: NATIONAL INFLUENZA VACCINE WEEK

CDC’s seasonal flu vaccination campaign materials are available to assist partners in communicating about the importance of vaccination. The website is listed in the above resources. This digital toolkit includes details on events/activities, sample social media and newsletter content, graphics, web assets, and media prep material. This material is downloadable, shareable, and some of the material is customizable. The website will be updated with this season’s information very soon.

**THIRTY-THIRD
DISTRICT PTA**

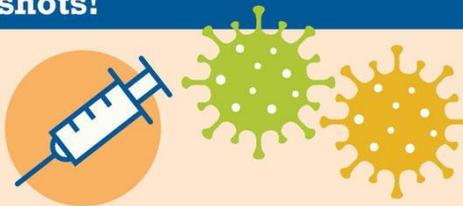
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How to Avoid a ‘Twindemic’

Do your part to avoid a flu epidemic on top of the COVID-19 pandemic.

How? Flu shots!

Everyone over 6 months needs a flu shot every year.



Call your pediatrician's office today! It's the best place for all your child's vaccines, including flu shots.

Keep your family and community healthy by getting vaccinated today!

