

Parent Re-enrollment Meetings

for SY 2020-2021

Yearly Highlights.

Important Info.

Directors' Focus.

New Online Account System

- Skyward
 - Transition to new database from Aspire
 - Enrollment: gather information for all students through online re-enrollment
 - Look for this being available mid-summer.

We will not have access to Aspire after this year as the state is making it a paid service and it has been free up until now. We will move to Skyward, which will take us a bit to master. Please be patient as we try to learn this new system. We have some experience but it will get better as time goes on.

Facility & School Standards: Concerns

- After school events happen often in the school
- Lockers should be locked but it is not required
- Students staying late should be doing homework
- Check in/out students
- Check in/out guests
- Cameras
- Gum
- Uniforms

All of the rooms are locked after the teacher leaves.

Please have your student take valuables home or lock their lockers, we are not responsible for stolen items. We have many events happening after school which means we have many visitors in the building.

Please do not leave your student here unless there is a reason

We keep track of checking individuals in and out of the building in case there is an emergency and we need to know who is in the building and who is not. If you come into the school please check in, if you are seen in the building without a name tag you will most likely be stopped and escorted to the office.

Cameras do not stop anything from happening, they are for training our teachers and reviewing film after something has happened

Secondary Program: Highlights

★ Student Population Growth

- 2017: 461
- 2018: 551
- 2019: 603
- **2020: \cong 700**

○ **Net Growth:** \cong 100 students

○ **Average class size: 17.6 (all classes)**

- *High School: 20.2 (core classes)*
- *Jr. High: 24.2 (core classes)*

Secondary Program: Highlights

Athletics

- JH boys and girls soccer and basketball (all 4) are defending State Champs.
- HS boys and girls golf are defending Region Champs.
- HS boys and girls basketball are annual state tournament teams and both teams finished 6th in the State this year.
- Every HS team has qualified and participated in State since we joined the UHSAA.
- APA Draper 3 is well known in the 2A or 3A division.

Secondary Athletic Programs

Junior High

- Girls & Boys Volleyball
- Girls & Boys Soccer
- Girls & Boys Basketball
- Girls & Boys Cross - country
- Looking to add Golf, Ultimate Disc, Track, Lacrosse and more

High School

- Girls & Boys Volleyball
- Girls & Boys Soccer
- Girls & Boys Basketball
- Girls & Boys Cross - country
- Girls & Boys Track
- Girls & Boys Golf
- Girls & Boys Tennis
- Baseball
- Looking to add Wrestling, Softball, Lacrosse and more

Director's Comments

★ Topics of note this year

- Social Media: News and Resources
- Mental Health
- What we can all do to help

Replacement is when you remove something from someone's life, you have to fill it in with something healthy otherwise it will be a negative behavior attracting void.

Social Media

- Trends - *In society and in our schools*
 - More people on screens...everywhere
 - Less in person conversation & socializing
 - Increasing attachment & dependence on smartphones/devices

1. People are becoming increasingly less aware of their surroundings, others, and life in general. Being in the present is being replaced with screens
2. People aren't interacting with each other: families at dinner, couples on dates, young people in groups.
3. Anxiety and panic when we can't find our phones, when students have phones taken away, pulling it out as soon as they are out of class. WE CAN'T JUST WAIT anymore - we need instant and constant connection

Social Media/Internet: Did you know?

■ American Association of Pediatrics (AAP)

- “Because of their **limited capacity for self-regulation and susceptibility to peer pressure**, children and adolescents are at some risk as they navigate and experiment with social media.” (AAP, 2011)
- “Using social media becomes a risk to adolescents more often than most adults realize. Most risks fall into the following categories: peer-to-peer; inappropriate content; lack of understanding of online privacy issues; and outside influences of third-party advertising groups.” (AAP, 2011)
- “A 2015 study showed that most 2-year-olds used mobile devices on a daily basis, and 92.2% of 1-year-olds had already used a mobile device” (AAP, 2016)
- “...three-quarters of teenagers own a smartphone, 24% of adolescents describe themselves as ‘constantly connected’ to the internet and 50% report feeling ‘addicted’ to their phones, according to a 2016 survey.” (AAP, 2016)

Sources: <https://pediatrics.aappublications.org/content/127/4/800>, https://www.aappublications.org/news/2016/10/21/DigitalMedia102116?utm_source=TrendMD&utm_medium=TrendMD&utm_campaign=AAPNews_TrendMD_0

Read first bullet
Almost all of our bullying issues stem from social media. We also know the risk of not knowing the person on the other end of the conversation. They can be faceless and teens do not have a developed frontal lobe which is where executive functioning happens
The last two bullets are interesting but we do not need to spend a lot of time on them.

Social Media/Internet: Did you know?

■ American Association of Pediatrics (AAP, 2016)

- “New media *can* provide benefits. Because these platforms are interactive, children and teens can use them to learn, connect and communicate with family and friends, and engage in creative activities. **The key is ‘moderation’ and balance; media use should not replace or displace other activities that promote healthy development and wellness.**”
- “Research has shown that increased sedentary media use (over 1 to 1½ hours a day) is a risk factor for the development of obesity. **Children and teens need at least one hour of dynamic physical activity each day.** Furthermore, **screen time in the hour before bedtime can interfere with healthy and sufficient sleep, and negatively impact school performance.**”
- Excessive media use also has been associated with challenges such as isolation, victimization, depression and internet addiction. Unmonitored media use can leave children and teens vulnerable to online predators or allow them to make unwise decisions such as sharing inappropriate texts, videos or photos.

Sources: https://www.aappublications.org/news/2016/10/21/DigitalMedia102116?utm_source=TrendMD&utm_medium=TrendMD&utm_campaign=AAPNews_TrendMD_0

One of the issues we are seeing is a displacement of healthy activities and daily duties especially in youth. Among the issues of displacement of activities is physical activity. Youth need one hour of vigorous activity to balance their emotional and mental state. Anything in excess will be detrimental to health.

Social Media/Internet: Helpful Resources

■ Bark

- <https://www.bark.us/>
- Social media, internet, text, email monitoring & alerts
- App/service available to parents
- Stats:
 - 5.1 million children protected.
 - 16 school shootings prevented.
 - 29,000 severe self-harm situations detected.



[Social Media Dangers Exposed by Mom Posing as 11 Year-Old](#) *Content advisory*

Social Media/Internet: Helpful Resources

■ Monitoring Apps help with and/or provide:

- Location Tracking & Geo-fencing
- App Blocker & Web Filtering
- Web Filtering
- Screen Time Control
- Smart Parental Control Setting
- Monitor/manage calls
- Remote access

["10 Best Phones Monitoring Apps Parents Can't-Miss"](#) - famisafe

Remember, you own the phone so you are responsible for content on the phone. There has been litigation against a parent because of the content which was on their students phone. It is your phone because you pay for it and have signed the contract to own the phone.

Mental Health: Facts

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 25 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the 2nd leading cause of death among people aged 10-34

Sources: <https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>,

Mental Health: 10 warning signs



Source: <https://www.nami.org/Learn-More/Know-the-Warning-Signs>

This video is meant for parents and has some adult information but it is informative.

Now What?

- When you're with people choose PEOPLE!
- Disconnect to connect - make efforts to have intentional personal time with your children (8 second hugs!)
- Practice and teach intentional phone/social media usage
 - *How many miles a day does your thumb scroll?*
- Get informed & be proactive: monitoring
- For mental health: #1 - regular & open communication
 - Notice your child's typical moods and behaviors
 - If you notice symptoms schedule an appointment with a licensed psychologist or psychiatrist
 - Seek feedback from school teachers, staff, administrators, etc. to

Enrollment process

- Use the code provided to complete online registration.
- **Each student must be registered individually.**
- Return necessary documents for files (7th grade immunizations, medication dosage, etc.)
- Registration deadline is Friday, April 3rd.
 - Priority enrollment is forfeited for any registration following the 31st.
- Outstanding fees - Please pay them at the front office once school is back in session. Registration for next year will not be complete until this year's fees are paid.

Registration Link

Remember, you must complete this for every student you are registering at D3.

Click on this link for the registration form:

<https://forms.gle/jXRnNCNKCo3JQuty9>

If you need help, please contact our registrar, JeriLynn Phillips at jphillips@apamail.org

We are excited to see your students next year! (and hopefully some of them again this year)

References & Additional Sources

- <https://www.brandwatch.com/blog/amazing-social-media-statistics-and-facts/>
- [“10 Best Phones Monitoring Apps Parents Can't-Miss”](#)
- [Social Media Dangers Exposed by Mom Posing as 11 Year-Old](#)
- <https://pediatrics.aappublications.org/content/127/4/800>
- https://www.aappublications.org/news/2016/10/21/DigitalMedia102116?utm_source=TrendMD&utm_medium=TrendMD&utm_campaign=AA_PNews_TrendMD_0