

Syosset Central School District

Dr. Thomas L. Rogers
Superintendent of Schools

J. Irving Baylis School
580 Woodbury Road
Plainview, New York 11803-1007

Main Office 516-364-5798
FAX 516-837-8924

Dr. Theresa Curry
Deputy Superintendent of Schools
364-5656

Clara Y. Kang
Principal

November 15, 2023

Dear Baylis Parents/Guardians of Grades 3 - 5 Students:

Today your child took part in the Don't Press Send Workshop titled "A Mindful Approach to Social Media." I encourage you to ask your child to explain what they learned today. We hope that through the Don't Press Send Campaign, teachers and parents can create a cyber community for each child to learn safety and kindness while using technology. Attached please find the following resources:

- Dare To Care – Encourage your child to use social media with good intent.
- Pause Before You Post – Questions for your child to ponder before hitting "send."
- Mindful Habits – Encourage and model mindful behavior.
- Don't Press Send Pledge – Refrigerator worthy! Review the pledge with your child and then sign the pledge together.
- Should I Post This – Refrigerator worthy! Questions your child can ask themselves before making a post or comment online.
- Don't Press Send Parent Resources for you to stay informed on this topic.

In addition, the Don't Press Send Campaign website (www.DontPressSend.com) provides valuable resources and educational materials to help guide your family as you navigate technology in today's world.

As a follow-up school community activity, I invite all Baylis families to join our Baylis **"Drop the Tech" Challenge**. On Thursday evening, November 16th, as a community we will not use any electronic devices that connect to social media and instead partake in family activities that will bring us together. This links with our "Gratitude Challenge", as it is another way to be grateful for precious family time. So, enjoy the fall weather and go for a walk or bike ride, play an outdoor game, organize a friendly game of Monopoly, cook dinner together, or enjoy an activity or tradition that is loved by your family. To help facilitate this evening, there will be no HOMEWORK assigned. The only requirement is to "Drop the Tech" and spend time together as a family. **Please print and send in a picture of your family engaging in the "Drop the Tech" Challenge by Wednesday, November 22nd.** We will display the photos in our lobby.

Thank you for your continued partnership as we focus on strengthening our children's social and emotional well-being and guiding them in making healthy choices regarding social media.

Sincerely,



Clara Y. Kang, Principal