



**OGDENSBURG BOROUGH BOARD OF EDUCATION**  
**100 Main Street Ogdensburg, NJ 07439**



Dave Astor  
Superintendent/Principal

Skye Patete  
Vice Principal

Richard Rennie  
Business Administrator/Board Secretary

2/26/2024

Dear Parents,

I hope this message finds you well. We would like to inform you about an upcoming assembly scheduled for March 5th, **Being a Teen in the Social Media Age: Tips for Staying Happy & Safe.** The assembly will cover:

- Being a Teen in the Social Media Age
- The Social Media Culture and how it has changed you
- What's happening in your brain? Is it really addicting?
- Critical Thinking Skills: Are you controlled by tech companies?
- Why is it so easy to be mean over social media?
- Your Social Media Persona - Did you know?
- Staying Safe
- Apps to Try for Good
- Creating a Healthy Balance for Optimal Well Being

This assembly will be for grades five through eight. If, for any reason, you do not wish for your child to attend this assembly, please contact the main office at your earliest convenience.

We are also excited to announce a companion parent program, **The Impact of Screen Time & Social Media: Tips for Keeping Your Kids Happy & Safe.**

The parent program is also on March 5th at 7:00 pm. **Topics Covered:**

- The impact of social media on children, teens and beyond
- The social media lifestyle - tech happy, or tech terrible?
- The latest research and trends - get in the know
- What's the best age for Smartphones? Social Media?
- To Monitor or Not to Monitor, That is the Question
- How to Teach Critical Thinking Skills
- Take Control, or Lose Control
- Your Role as Parent - How to Really Get Through
- Creating a Healthy Balance for Your Child

After these two informative programs, we will challenge our Middle School Students to use their phones less by tracking their own usage. We will also have a monthly "No Tech Tuesday" to help our students explore other learning methods. Thank you for your support as we strive to encourage balance in our students in a tech-driven world. Please contact Leanne Poalazzi at [lpalazzi@obboe.org](mailto:lpalazzi@obboe.org) if you have any questions.

973.827.7126 (voice)

[www.obboe.org](http://www.obboe.org)

973.827.0134 (FAX)