



Meet New People. Build a Community. Support our Students, Teachers, and Staff.

In September we opened up 10 committees to help our Board Members execute all the events the PTO hosts during the school year. We had over 50 interested members who all got assigned to a committee to help our Board Members behind the scenes. Each committee has about 5 participants along with a PTO Board Member who will help guide and support each event under their committee. These committee members will work side by side with our PTO Board to make the magic happen!

Didn't get a chance to sign up? No worries!

We will have so many volunteer opportunities throughout the year for all events!

Check our social media channels for the latest signup sheets!

Upcoming Volunteer Opportunities:

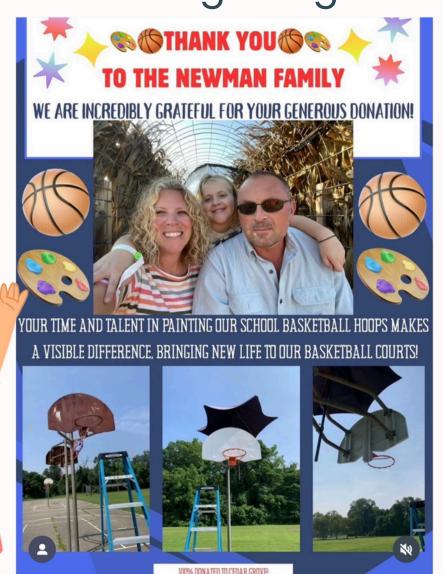
Book Fair - Ice Cream Social - Spirit Wear - Proud Patriot

Halloween Dance - School Store





Recognizing our Cedar Grove Community in and out of school!





Thank you to Det Derosa and Det Taranto - Internet Safety Presentation



Fair Fund Auction Committee Recognized at BOE Meeting



Have a shout-out?

We want to share!

Send info to:

cedargrovepto@gmail.com



Please take a few minutes to complete this survey to help the PTO identify our next major initiative for strategic planning. Your input is essentional in guiding how we can best support our students, staff, and school community!

TAKE_SURVEY-HERE



pto president

Lauren Maccaquano

(908) 625-2976 cedargrovepto@gmail.com How can we help you?

Be In The Know!

Cedar Grove PTO
(@cedar.grove.pto.toms.river)

Instagram photos and videos

o Instagram /

Facebook
Class Dojo



Internet Safety for Children

A Guide for Parents and Guardians

Detective DeRosa Detective Taranto Toms River Police

Why Internet Safety Matters

- Children are spending more time online than ever
- Risks include: cyberbullying, predators, and inappropriate content
- Parents play a key role in guiding safe online habits

Cell Phone Issue

The widespread use of smartphones helps users stay connected but also raises privacy concerns. According to a 2018 study by the Pew Research Center, 95% of teens have access to a smartphone, and 45% say they are online "almost constantly"

Parental Control Apps

There are numerous 3rd party applications available to download

- Qustodio Monitor and manage screen time
- Verizon Smart Family Provides parental control and safety features
- Bark Monitors messages and social media for threats







3rd Party Apps Bark

Bark's app uses AI to scan your child's emails, social media profiles, texts, and media saved to their phone's camera roll for content that parents may find harmful. You can set up customized content monitoring to determine which apps and websites their children can access. Parents can also set up screen time schedules and use the app's geofencing capabilities to monitor their child's location throughout the day. Parents who want to keep an eye on their child's online activities across all of their devices can use the Bark App, which starts at \$14 per month and includes support for unlimited kids and unlimited devices. The company also offers the Bark Phone (\$39), a tamper-proof mobile device that's fully controlled by Bark and the parent. There's also the Bark Watch (\$169.99), which your child can wear and allows you to track them all day.

Qustodio

Qustodio has nearly every feature an anxious parent wants, including robust content-blocking options and a detailed activity log. You handle all configuration and monitoring via Qustodio's online dashboard or the parent mode on its mobile apps. Tech-savvy parents will appreciate Qustodio's wealth of monitoring customizations. Plans start at \$54.95 annually, which includes app and game blocking, screen time-limiting options, web content filtering, geofencing, and the ability to temporarily shut off access to the internet for your child's device. For \$99.95 per year, parents can get all of the above, plus custom alerts, time limits for games and apps, unlimited device monitoring, and call and message monitoring.

Verizon Smart Family

Verizon Smart Family a service for managing family devices, offering features like location sharing, parental controls for online activity and screen time, driving insights, and a Safe Walk with SOS feature to help keep family members safe and connected. While location-sharing features are included on eligible Verizon plans at no extra cost, the enhanced capabilities of Verizon Family Plus—including advanced parental controls, driving insights, and roadside assistance—require a monthly subscription. The service operates through a companion app that allows parents to monitor and manage their dependents' devices.

Identifying Online Threats

- Cyberbullying Harassment through messages or posts
- Online Predators Strangers attempting to build trust
- Phishing Fake links and emails to steal information
- Inappropriate Content Violent, sexual, or harmful media

Tips to Help Protect Children

Parents, guardians, caregivers, and teachers can take the following measures to help protect children from becoming victims of online child predators.

- Discuss internet safety and develop an online safety plan with children before they engage in online activity.
 Establish clear guidelines, teach children to spot red flags, and encourage children to have open communication with you.
- Supervise young children's use of the internet, including periodically checking their profiles and posts. Keep
 electronic devices in open, common areas of the home and consider setting time limits for their use.
- Review games, apps, and social media sites before they are downloaded or used by children. Pay particular
 attention to apps and sites that feature end-to-end encryption, direct messaging, video chats, file uploads, and
 user anonymity, which are frequently relied upon by online child predators.
- Adjust privacy settings and use parental controls for online games, apps, social medial sites, and electronic
 devices.
- Tell children to avoid sharing personal information, photos, and videos online in public forums or with people
 they do not know in real life. Explain to your children that images posted online will be permanently on the
 internet.
- Teach children about body safety and boundaries, including the importance of saying 'no' to inappropriate
 requests both in the physical world and the virtual world.
- Be alert to potential signs of abuse, including changes in children's use of electronic devices, attempts to conceal
 online activity, withdrawn behavior, angry outbursts, anxiety, and depression.
- Encourage children to tell a parent, guardian, or other trusted adult if anyone asks them to engage in sexual
 activity or other inappropriate behavior.

Resources for Parents

- NetSmartz (www.missingkids.org/education)
 - Educational program that teaches children ages 5-17 about online safety and digital citizenship through 5 minute videos
- Take it down (www.takeitdown.ncmec.org)
 - Deals with the removal of online nude, partially nude, or sexually explicit photos and videos taken before you are 18 years old. They have partnered with numerous social media companies to scan for images and videos.

Resources for Parents

- National Telecommunications and Information Administration (www.ntia.gov)
 - (Best practices and resources for parents and caregivers)
 - Developed in 2023 by the Biden Harris administration to advance health, safety, and privacy of youth online
- Substance Abuse and Mental Health Services Administration (www.samhsa.gov)
 - The Task Force collected an extensive set of federal and non-federal bestpractice resources for promoting the online health and safety of children and adolescents.

Resources for Parents

- FBI Safe Online Surfing (sos.fbi.gov/en)
 - Used for grade levels 3 8, interactive game with questions designed to give children internet knowledge
- DHS Take Action (www.dhs.gov/know2protect/take-action)

Conclusion Do's

- Closely monitor children's use of online services.
- Conduct regular Internet searches of children's information to monitor the exposure and spread of their information on the Internet.
- Consider credit or identity theft monitoring to check for any fraudulent use of child's identity.
- Have open communication with your child/children to help prevent cybercrime. Talk about their online activities and what games they play.
- Conduct regular updates from software companies to help stop security breaches.
- Keep all text, email, and other message interactions as evidence.

Conclusion Don't's

- Don't delete messages from the offenders. It's crucial for investigations.
- Don't provide detailed information on children when creating user profiles (e.g., use initials instead of full names, avoid using exact dates of birth, avoid including photos, etc.)
- Don't post hoax threats online. Hoax threats are not a joke, and they can have devastating consequences. It disrupts school, waste limited law enforcement resources, and puts first responders in unnecessary danger.