

FREE

# School News

*Education + Communication = A Better Nation*

**Covering the Duarte Unified School District**



Volume 2, Issue 5

May 2021



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## SUPERINTENDENT

### 21st Century Schools – 21st Century Students

Duarte Unified offers a Competitive Advantage Plan that sets our students on the road to success for college, career, and life. Our school district is built upon Four Pillars that serve as the foundational principles of our organization. These Four Pillars are:

**A Focus on Results:** The district will reduce the achievement gap equitably between the most successful and least successful students, regardless of their race or ethnicity or social or economic circumstances.

**Service-Centered:** The district will create a culture of service grounded in the promise that all people will be treated with dignity and respect.

**21st Century Schools:** The district will prepare teachers and leaders to create the conditions for students to think critically, solve problems creatively and collaboratively, and compete in the world of complex environmental, political, technological, and socioeconomic challenges.

**Strong Partnerships:** The district will create a culture where partnering entities work together to integrate and complement each other in support of student success.

These Four Pillars support our instructional vision, and guide our professional practices in every classroom at every school across our entire district to ensure success for all students, without exception.

With this foundation, our district is able to offer progressive educational experiences for our students rooted in the arts and sciences. These include exclusive partnerships with the California School of the Arts-San Gabriel Valley, City of Hope National Medical Center, and Early College Program and Career Pathways with industry leaders and institutions of higher learning.

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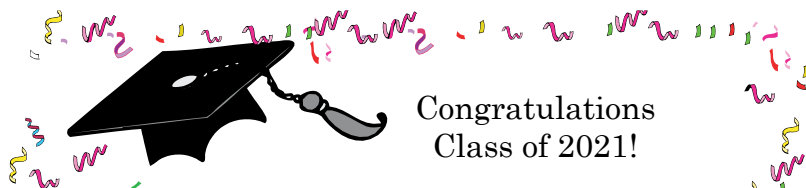
*Netragrednik*

As this school year comes to an end in many ways it feels like the beginning. It is wonderful to see a bit of normalcy returning to our lives. Zoom took on a whole new meaning to children as they spent hours in front of a computer screen instead of in a classroom. There are many milestones in a child's life, but none of us were prepared for anticipating the next milestone of not wearing a mask. That will be a happy day.

In this issue you will read how each school managed to meet the challenges during this pandemic.

We have included student book reviews on pages 10 & 11 to help with reading selections for the summer. Also, on page 9 is a word search contest (all ages may enter).

Our next issue is October 6th.  
Have a fun summer.



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[www.schoolnewsrollcall.com](http://www.schoolnewsrollcall.com)

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# CREATE YOUR OWN SUCCESS STORY

**SUMMER SESSION  
BEGINS JUNE 21**





## Andres Duarte Arts Academy (K-8)

1433 Crestfield Dr., Duarte, CA 91010 • 626/599-5100 • [duarteusd.org/andresduarte](http://duarteusd.org/andresduarte)



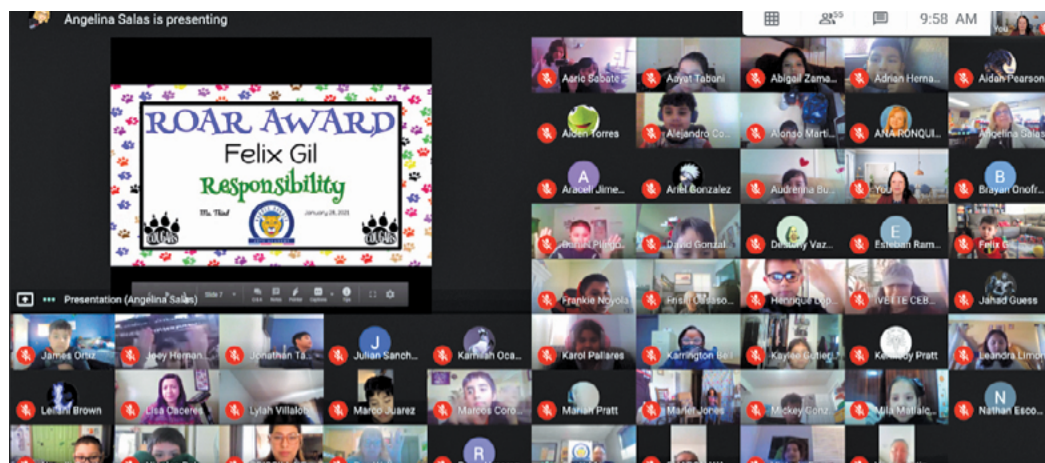
**Scott Moses**  
Principal

### Celebrating ROAR throughout the Year

Although this has been a school year like no other, the Andres Duarte Cougars have done their best to bring a little live celebration to a mainly virtual school year. Every month we celebrate students who ROAR: showing RESPECT, taking OWNERSHIP, ACTING safely and being RESPONSIBLE. Under the guidance and coordination of our Teaching and Learning

Coach Angie Salas, monthly virtual recognition for our students have been held. Teachers select students who show the virtues of ROAR and the students are recognized. It is a wonderful opportunity for our support team, teachers, aides, students and families to all come together to celebrate. Students are also invited the next afternoon to our virtual lunch and

celebration with Principal Moses and Mrs. Salas. We have lunch, play games, and the dance party ensues with DJ Salas at the helm. It is a really great experience to be able to celebrate with the students and families for being recognized. Student also receive a ROAR certificate of recognition as a reminder of a job well done. Even though it has been a very different year for learning, we have done our best to bring events right to our families! We look forward to continuing to celebrate our students in any way possible.



## Beardslee Dual Language Immersion Academy (TK-8)

1212 Kellwil Way, Duarte, CA 91010 • 626/599-5200 • [duarteusd.org/bes](http://duarteusd.org/bes)



**Jennifer Romero**  
Principal

### A Memorable Year of Learning

Beardslee Academy embarked on a new way of learning this school year, and we have not skipped a beat. Students have shown their perseverance and determination during

distance learning and most recently in the Hybrid learning model. We welcomed back students to participate in the Hybrid learning model in grades Pre-k to 8th grade, and it has been very successful! Students, staff, and parents are following all safety protocols and the students are extremely happy to be back on campus. Whether students are playing on the playground safely in cohorts and working collaboratively with both their peers in class and on-line; they are engaged, learning and happy!



Beardslee continues to meet all our learners needs regardless of the model they are participating in, 100% distance learning or Hybrid. Students and teachers are gearing up to share all they have learned and accomplished this year at this year's Virtual Open House that is set to kick off on Monday, May 24. Beardslee Academy is also excited to recognize this year's 8th grade promoting class of 2021! Beardslee Academy thanks all the families, teachers, staff, students, and community for their ongoing support and dedication and for making this year a memorable one, keeping students as our #1 priority!



# California School of the Arts - San Gabriel Valley (7-12)

1401 Highland Ave., Duarte, CA 91010 • 657/321-4000 • [sgv.csarts.net](http://sgv.csarts.net)



**William Wallace**  
*Principal*

## Students Earn College Credit through Dual Enrollment

California School of the Arts – San Gabriel Valley (CSArts-SGV) students in grades 10-12 can take up to two years of transferable college courses while enrolled at CSArts-SGV as part of Citrus College's Early College Program.

This opportunity has provided students with insight into the college experience while also allowing their families to save money on future college expenses. Students enroll at no cost, and costs for books and course materials are waived. Through dual enrollment, students are able to take synchronous and asynchronous classes college-level courses, allowing them flexibility.

The Early College Program has flourished since the program was first piloted at CSArts-SGV in 2018. It now enrolls about 400 students per semester in approximately 24 academic and arts-focused courses; ranging from biotechnology to music fundamentals.

Dual enrollment courses enable CSArts-SGV students to get a real glimpse of the college experience, while also propelling them in their studies.



**CSArts-SGV students earn college credit through dual enrollment program.**

## Duarte High School

150 N. Associated Rd., Brea, CA 92821 • 714/990-3221 • [duarteusd.org/dhs](http://duarteusd.org/dhs)



**Luis Haro**  
*Principal*

## Doing things with PRIDE at Duarte High, the Falcon Way!

As principal at Duarte High School, I am beaming with PRIDE about our return to campus and all the amazing ways our staff has worked together to support our students and their families through our reopening. Duarte High School reopened its doors to students in April. Prior to reopening, our staff

dutifully prepared to successfully return to school. On April 26, we welcomed our freshman in in-person campus tours, hosted by our ASB students and led by Mrs. Bowdoin. Since returning, we have hosted our Class of 2021 for Chalk Day and a Cap and Gown Distribution Event. On April 28, we hosted a Denim Day event, in collaboration with Margaret's Place, with over 150 students participating in our virtual Denim Day activities. For the month of May, students, parents, and staff

have been participating in a 21 Days of Self-Care Challenge, which began on May 3 and will run through May 28. On Friday, May 7, we held our annual CLASH, which was held outdoors and with a limited number of students. There are more activities planned for our Duarte High community to close out the 2020 - 2021 school year. At Duarte High, we do everything with PRIDE (Participate, Respect, Integrity, Discipline of Self, and Excellence), the Falcon Way!





## Duarte *Preschool-Child Development Center*

1433 Crestfield Dr., Duarte, CA 91010 • 626/599-5123 • [duarteusd.org/cdc](http://duarteusd.org/cdc)



**Sofia Valdez**  
Coordinator of  
Preschool Services

### Striking Scenes Come Alive for Fun Learning

Duarte Child Development prides itself on bringing eye-catching and vivid murals to create an enriching environment during this time of uncertainty. It has been thrilling to welcome our preschoolers to a colorful and nurturing environment that delights the spirit of children, parents, and staff. The intention is to create an interactive learning

environment through a combination of color and movement, with visual effects and animation where children, families, and staff can have fun striking a pose swinging on a swing, flying a kite, climbing stairs, or reading a book.

Thanks to our muralist Nuria Martinez, who came with the vision to add life and color to the playground to welcome our little scholars, our preschoolers have had the opportunity to get involved in the painting by mixing

colors and creating shapes and forms to develop their freedom of artistic expression. With their hands on the wall, our little ones develop a sense of confidence and security while having fun and learning.

Forest animals and scenic landscapes are stunning murals created to add inspiration and vibrant colors that invite us to appreciate the natural beauty of our world. So, don't forget your camera to snap a shot when you visit our Child Development program.



## Maxwell Academy *An International Baccalaureate World School (K-8)*

733 Euclid Ave., Duarte, CA 91010 • 626/599-5302 • [duarteusd.org/mes](http://duarteusd.org/mes)



**Dr. Kelly Lawson**  
Principal

### Student's taking Control During a Pandemic

In March of 2020 schools across the nation were shifting to distant learning models as the cases of COVID 19 increased. Educators implemented distance learning models and students' bedrooms, kitchens, and family rooms became their classroom. Students were suddenly separated from their friends. No

one ever imagined the impact that distance learning would have on the social-emotional health of the students. As students shared their stories, fears, and concerns on social media, it became very apparent to our Associated Student Body president that our students needed support. The longer students remained in distance learning the greater their social-emotional needs became. It was apparent to our ASB that the pandemic drew attention to the social emotional health of our students. Karina Alvarez, ASB President, and the ASB members recognized this need and took an aggressive approach to address the social-emotional challenges that many of the students were facing. They realized that in order for their peers to overcome

these challenges they needed tools. The ASB members started a newsletter and provided survival tips to bolster mental health and maintain social emotional connections during distance learning. ASB members volunteered to facilitate lunch meetings for the student body. They made posters to welcome the students back to hybrid learning. The inspirational quotes, words of encouragement and cheer livened up the hallways at Maxwell Academy. In the midst of the pandemic, the true leaders emerged. The ASB members embodied caring for themselves and others. It has often been said that the most important skills you can learn are to be the best person you can be and to make the world a better place. The great thing about the pandemic is it brought about the opportunity for our students to practice leadership during distance learning, and it emerged out of a desire to ensure the social emotional health for fellow classmates. I salute Maxwell ASB members for taking the initiative to support the social-emotional health of students at Maxwell Academy, an international baccalaureate world school. Their actions embody the essence of being an IB student and their actions have made a difference in the social-emotional health of the student body.

# Mt. Olive Innovation and Technology *High School*

1400 Mt. Olive Dr., Duarte, CA 91010 • 626/599-5900 • [duarteusd.org/MIT](http://duarteusd.org/MIT)



**Kevin Morris**  
*Principal*

## **SEL at MIT during the Pandemic**

Social Emotional Learning (SEL) has been paramount during the pandemic, and I would even venture to say it was a necessity, so students could function and find some normalcy in a world turned upside down. D'Veal Family and Youth Counseling Services one of those SEL collaborators for our students at Mt. Olive Innovation & Technology High School (MIT). D'Veal

provided social and mental health services for at risk-youth by providing comprehensive behavioral healthcare services. Their counselors provided innovative community-based services including individual counseling, group counseling, specialty groups, and much more.

During this pandemic, MIT faced the challenge of providing Social Emotional Learning (SEL) support for our students who have been in isolation with limited social interaction. This put a huge strain on our MIT families, and in turn our students. Well, that is where D'Veal collaborated with MIT to provide weekly virtual SEL group support during 2020-21. D'Veal counselor Alejandro Aguilar ran

the "Alive and Free" Boys Group every Thursday. "Alive and Free" helps youth build character and work through difficult times or trauma they are experiencing, like with the pandemic. Several other D'Veal counselors ran the "Alive and Free" with our Girls Empowerment Group and Non-Binary Group. This gave all students a safe place to share and work through the challenges of the pandemic with their peers and trained professionals. MIT parents were happy their youth were engaged with the "Alive and Free" program and made it a point to make sure their child attended every week.

In addition, MIT also continued with our weekly CHILL Guest Speakers Series (CHILL stands for Career, Health, Interventions, and Life-Skills Literacy). Guest speakers that participated included LA Metro, Planned Parenthood, Credit Union of Southern California, US Marines, Citrus College, Pasadena City College, Foothill Credit Union, National Guard, City of Hope, CVS, Outward Bound Adventures, and Azusa Pacific University.

These programs helped keep our students engaged and safe!

## **Royal Oaks STEAM *Academy (K-8)***

2499 Royal Oaks Dr., Bradbury, CA 91008 • 626/599-5400 • [duarteusd.org/roe](http://duarteusd.org/roe)



**Dr. Esther Tamanaha**  
*Principal*

## **Royal Oaks students recognized for NASA Certificate and Recognition**

Each year NASA's Armstrong Flight Research Center Office of STEM Engagement recognizes and honors outstanding eighth grade students in the Southern California and Arizona Regions for their excellence in the STEM fields of science, math, technology and engineering. This year,

we had two 8th graders from Royal Oaks STEAM Academy receive this prestigious recognition: Aastha Dixit for excellence in Mathematics, and Brandon Edwards for excellence in Science and excellence in Engineering.

Both Aastha and Brandon are all around exemplary students. They engaged in rigorous courses, taking high school Math and academic electives, such as Science Olympiad, Debate and Advanced Band. They received stellar academic marks and excelled in their studies, even during distance learning. They were a valuable leader, thinker, and asset to this year's Science Olympiad team competition.



**Aastha Dixit**  
**NASA Certificate of Recognition**  
**Excellence in Mathematics**



**Brandon Edwards**  
**NASA Certificate of Recognition**  
**Excellence in Science & Engineering**

If the world is filled with the potentials of Aastha and Brandon, the future of Science and Technology will be bright indeed. Congratulations. We are so proud of your accomplishments!



# Valley View Academy of Technology & Creative Learning (TK-6)

237 Melcanyon Rd., Duarte, CA 91010 • 626/599-5500 • duarteusd.org/we



**Margaret Rasmussen**  
Principal

## Big Smiles Await Students Upon Their Return

It was all smiles at Valley View Academy on April 6, when we welcomed back our TK/K students for the first time in over a year. On April 13, 1st and 2nd graders returned, followed the next week by 3-5 graders, and then our 6th graders returned to us on April 27. What a wonderful sight it was to see and interact with our students in person!



Students' returned back to school in a Hybrid model. Students had the choice between 2 programs; continue distance learning or Hybrid which meant that students would learn on campus for two days while the other three days students would continue to distance learn. This is a positive step for our school and a step closer to returning to school full time as precautions allow.

## Milestones and Firsts—Word Search Contest

**Rules!** One word in the list is NOT in the word search.

When you have completed the word search, one word will be left and that word you email to: [Kay@schoolnewsrollcall.com](mailto:Kay@schoolnewsrollcall.com) Please put Duarte in the subject line.

**Entries must be received by July 15, 2021**

From the correct entries one name will be drawn to win a \$20 Barnes & Noble gift card!

BIRTH	HOUSE
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GRADUATION	DISNEYLAND
COLLEGE	TRAVEL
DATE	AIRPLANE RIDE
LOVE	BALLOON RIDE
ENGAGEMENT	CRUISE
MARRIAGE	FIRST TOOTH



## David's Review



David H.

### Save Little Claws!

Title: *The Animal Rescue Agency #1: Case File: Little Claws*

Author: Eliot Schrefer

If you love animals like I do, you should definitely read this book.

Esquire Fox and Mr. Pepper the rooster run the

Animal Rescue Agency, which rescues animals in trouble all around the world. Little Claws, a cute polar bear cub, is stranded on an iceberg that is floating away from his mom, Big Claws. This dangerous situation is caused by a man in a white fur hat. Big Claws contacts the Animal Rescue Agency for help. Join Esquire Fox and Mr. Pepper on their daring adventure to discover WHO the man in the white hat is, WHAT he wants to do, and find out if Little Claws gets reunited with his mom.

You'll love reading this exciting book!



David is in third grade and he loves to read and play piano. He likes math and outdoor activities such as rock climbing, tennis, and basketball.

## Kailani's Review



Kailani T.

### Favorite Tree House Adventure

*Monday with a Mad Genius* by Mary

Pope Osborne is the 10th book in the series Magic Tree House. It is about two siblings of Frog Creek, Pennsylvania (Jack and Annie) who go back in time by the magic tree house. Their mission is to help

a magician named Merlin of Camelot find the secret of happiness. During the journey, the siblings travel to Florence, Italy and meet Leonardo DaVinci in the 1500s. Jack and Annie watch DaVinci fly the Great Bird and finish the Mona Lisa painting.

This was a fun book to read. The story is full of excitement and interesting information. I learned about Mona Lisa and Leonardo DaVinci. Reading that DaVinci was also an inventor, architect, stage and costume designer, horseman, chef, geologist, and botanist was fascinating. My favorite parts are when Jack and Annie figured out the secret of happiness and that DaVinci was also a horseman. I highly recommend this book for anyone who loves adventures.



Kailani is a 3rd grader who loves to read. When not playing with her baby brother, Kailani likes to color and draw. She started taking Spanish lessons while sheltering-in-place. Horseback riding and skate boarding are the new activities she enjoys. Hope everyone stays well and healthy.

## Daniel's Review



Daniel H.

### Cute Friends' Adventure

Title: *Sydney & Taylor Explore the Whole Wide World*

Author: Jacqueline Davies

Do you ever feel like you want to go on a big adventure? The best friends in this book do and they go on one together.

Sydney, a skunk, and his best friend Taylor, a hedgehog, live together in a cozy burrow. One day, they decide to leave their home for the first time ever to go on an expedition to places unknown in the outside world. Along the way, they discover new things and meet different animals. They also run into some problems, but they help each other out and make things better.

This book teaches you that friends help each other and no matter how much fun you have in new places, home is always the best place to be!



Daniel is in first grade and he likes to spend time with his family playing board games, reading, and playing sports like tennis, soccer, and basketball.

## Sean's Book Review



Sean

### The Tomb of a Dead Emperor

*The Tyrant's Tomb* is

the fourth book in Rick Riordan's series, Trials of Apollo. Apollo (aka Lester Papadopoulos) was banished from Mount Olympus (home of the Greek Gods) by the

almighty Zeus. During his exile, he experienced many adventures and losses. Meg, his 12 year-old gifted assistant, travels with him to a Roman demi-god camp, where they are greeted by lots of old war friends. Apollo has a vision and tells the camp to prepare for a gruesome war caused by two evil Roman emperors, both with whom Apollo had treacherously fought recently. He then needs to go on a dangerous journey investigating a Roman ghost tomb for crucial information. The vivid details of the battle preparation and fighting scenes are riveting. Overall, this book is a solid 5/5 and I hope you eventually read this amazing series!



Sean is a 6th grader who enjoys playing basketball and volleyball. He loves to teach his dog, Chewie, tricks and taking him on walks. His favorite subjects at school are math and PE. The best thing about quarantine was spending time with his family in nature.



## Katie's Review



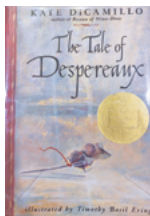
Katie C.

### An Adventurous Mouse

Title: *The Tale of Despereaux*

Author: Kate DiCamillo

Have you ever felt like an outsider? Or like someone who didn't fit in? That's exactly how Despereaux, the tiny mouse with large ears, felt like in his family of mice. He



learns to read (which is forbidden) instead of eating books, and despite the consequences he faces, he continues to stay curious and explore the human world that has been largely left untouched for many years. Once he meets Princess Pea, he realizes that humans aren't as bad or dangerous as the mice claim to be. Rather, he wants to get to know them more and be able to live harmoniously with them, as they had once done before. In multiple adventures and close scares, Despereaux, accompanied by his companions, set out to rescue the princess from the danger that awaits. Will he be able to save her and unite the mice and humans? Read to find out! If you enjoy reading adventurous books, I recommend this book to you.

Katie is a junior in high school. She likes reading and writing. She loves to read to younger kids. She provides book reviews to kids who want to find more good books.

## Jenna's Review



Jenna C.

### A Rocky Road

Title: *Fish in a Tree*

Author: Lynda Mullaly Hunt

This story is about a girl named Ally who is struggling with reading words. Ally was always the "bad student," but it all changed when her



teacher had to give birth and the sub teacher, Mr. Daniels came. Almost everything flipped around. She made friends, she worked harder, she was happy, and she started chess lessons with Mr. Daniels. Only one thing doesn't change, she can't stand up to her bully. Ally tells Mr. Daniels about what's going on about the words that she can't read. Mr. Daniels says that he can help her. Next, an election goes on for class president and Ally gets nominated. Can she win? Can she learn to read? Last but not least can she stand up to her bully? I give this book a 5 out of 5 as it is such an inspiring book for all of us.

Jenna is a 5th grader. She enjoys playing soccer and painting. She likes to read fiction novels. Someday she wants to publish a book.

## Taeyoung's Book Review



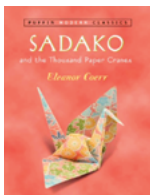
Taeyoung K.

### Sadako's Wish

Title: *Sadako and the Thousand Paper Cranes*

Author: Eleanor Coerr

Have you ever heard about the myth of one thousand paper cranes? This story is based on the real story



of Sadako Sasaki and the thousand paper cranes. Sadako loved running. However, she got the atomic disease, and she couldn't run anymore. One day, her friend, Chizuko, showed her how to make a paper crane and said, "If a sick person folds one thousand paper cranes, the gods will grant her wish and make her healthy again." She gave Sadako the paper crane that she folded as the first one. Then, she decided to make one thousand paper cranes to make her well. Did she fold one thousand paper cranes? Did her wish come true? This book is not only about Sadako's story, but also about the horrors and tragedy of war. This is a touching and inspirational story. If you are interested in her story, I recommend this book.

Taeyoung K. is a 5th grader. She loves reading books and writing her own stories. Also, she likes to play video games, board games, and badminton. She would like to be a person who is kind and helps others.

## Tyson's Book Review



Tyson

### Never Give Up

*Touchdown Kid* by Tim Green

Cory is an awesome football player from the Westside. He is 11 years old and is just moving into middle school, along with his friend, Liam. A



well-known coach from HBS, an elite junior high school, is giving a scholarship to a player he thinks is good enough to play football there. If Cory gets it, he will get to live in a nice neighborhood with a host family in a cozy home, and play football, his passion. His best friend's brother isn't the nicest guy and pulls him into trouble. If he is late, he won't play. What will he do? This is his dream. Find out more about this crazy adventure and read *Touchdown Kid*. This book is great and pulls me in. I can relate a lot to this book and if you're an athlete, you'll love it. I'm not much of a bookworm and I rate it 5 out of 5 stars!

Tyson is a 7th grader who enjoys playing basketball, skateboarding, and video games. His favorite subjects at school are math and PE. The best thing about quarantine was having extra time to play with his dog and meeting new neighborhood friends!

## Parent To Parent



**Jodie Lynn**

Due to the COVID-19 pandemic, often our kids were on their devices upwards of eight hours per day. What can parents do to keep them safe online and on their cell phones? It seems like more than ever, kids are getting spam emails, calls and texts from unknown sources. This is not acceptable, quite scary and exhausting to try to constantly monitor.

COVID-19 has isolated the majority of us and leaves us with levels of uncertainty, unusual scariness and frequent loneliness. Individuals are in a vulnerable place, especially our kids. This is the perfect time for sexual predators to approach them as it can come in many forms.

Give your kids a set of online safety rules that they will understand with explanations that they will believe and take to heart.

It's important for you to know which online games that your kids are playing. Many are multiplayer games where several online players can be together playing at once or just watching. These games have text and voice chat capabilities from around the world. This is highly dangerous because people can pretend to be someone else and of a certain age and can expose kids to unsuitable and unacceptable predatory language and content. These individuals can develop friendships with kids and eventually encourage them to meet in real life. It's important to recognize that each game has specific settings which you should check out and change for better online safety.

Remember not only to talk with your kids frequently about staying safe online, but also explain that anyone at any age can be cyberbullied. If a person or group want them to chime in about someone, tell them to ignore the request and don't return to that area and group. Explain why it's so important to think about what they are going to post at any given time or in any area before doing so, to keep their passwords safe, to always log off and not to click on links from people that they don't know. The right thing to do is to report the cyberbullying to an authoritative figure as well. They may just save a life.

You could also take their electronic devices away for a few hours each day, but for those hours that they're on them, rules and guidelines still need to be in place. Even if your kids seem to have level heads on their shoulders and you feel like you can trust them, they can still be sneaky.

It's easy to hide all kinds of online activities from parents with various apps:

Snapchat is a program where people can send images, videos, etc. to friends which will disappear within 10 to 30 seconds. It's pretty popular among teens. The hidden danger is that those "private" moments are not really deleted. They're hidden in files on most phones. Even more devastating and scary is that if someone takes a screen shot, the message, image or whatever can be posted anywhere.

Finsta is a fake Instagram account where anyone can create photos, conversations, etc., staying anonymous and keeping everything private through sharing with a few close friends and can be hidden on devices. But again, just like anything else, if a screen shot is taken, boom, it can show up anywhere online.

Be sure to read about popular apps and arm yourself with knowledge for options that you as the parent can do to help your kids be safe. Below you'll find a few but there's many others that you can find by doing an online search: Instagram, YouTube, Kik, Telegram, TikTok

There's also several phone apps offered to parents to help them monitor their kids' phone and online activities.

For unwanted calls or texts, it's simple to register landlines and cell phone numbers with the office of your state Attorney General's No-Call list for unwanted calls or texts. It's available online, free and will cut down on both. While it does take a few weeks to actually go into effect, it's best to get that done straight away. Do a little research and you'll also find several other government agencies where complaints can be made. Unfortunately, it's not going to totally eliminate them and that is even truer for robot calls. Learning some basic rules to share with your kids can also help.

For example: Don't answer any calls that are not in your contact list. If it's truly someone trying to reach you, they'll leave a message. If they don't, the number can quickly be blocked. The same goes for unwanted texts. The exception in this situation is going to be from "Unknown" or "Private" numbers, which are really hard to trace because no number shows up. However, there are phone apps to help with this. As far as spam email goes, if it's opened, don't click on any links. Look up how to set up filters and teach your kids how to recognize, delete and block it.

As you are well aware, this whole cyber safety situation is extremely exhausting. But, there's no way of getting around it if you're going to be proactive in protecting your children.

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