



Weekly Update from Superintendent  
Dr. Mary Catherine Reljac

## A NEW SCHOOL YEAR, A NEW OPPORTUNITY

As I enter my third full year as superintendent of the Fox Chapel Area School District, I'm eager and energized to begin a new journey together.

A successful school year is not possible without contributions from each member of our school community, and we're so very fortunate for the robust collaboration and support that we enjoy.

I know because of that, we'll continue to shine in many areas – academically, artistically, and athletically, as well as in our myriad citizenship endeavors. I also keep in mind that success



results every day from the seemingly ordinary, from a kindergartner mastering a word-building activity to a senior putting the finishing touches on a piece of artwork. While we'll always trumpet our achievements, we'll celebrate these daily milestones, too.

This year, we'll also focus on identifying "what's our next." We'll do some visioning, incorporate student voices, and seek community input while continuing to build relationships. And, as always, we'll continue to emphasize our district's core values – respect, responsibility, and integrity – as we continue to evolve and grow.

I know that I will find many new reasons – both big and small – to continue to be #FCProud, and I hope that you do, too.

## DIGITAL WELL-BEING AT HOME

These steps, courtesy of Common Sense Media, can set healthy habits and boost your family's digital well-being.

- **Screen-free times and zones**  
Help your kids take breaks from their technology by limiting screen time in bedrooms, while studying, or at the dinner table.
- **Try parental controls**  
Set content limits that make sense for your family. Check the settings on apps your kids use to keep personal information private. If putting parental control passwords on a school-issued iPad makes sense for your family, please share the passwords with your child's homeroom/homebase teacher.
- **Establish clear family rules**  
Decide together what kind of media and tech is OK — and when it's OK to use it.
- **Practice digital citizenship**  
Talk about what it takes to stay safe and be responsible online, including tackling real-life challenges, such as privacy and digital drama.
- **Watch and play together**  
Choose quality, age-appropriate media to enjoy with your kids.

## HIGH NOTE

*The Fox Chapel Area High School marching band participated in the Fall Fantasy Parade at Kennywood Park on August 14. Be sure to catch these talented students at the first home football game of the season on August 26 versus Peters Township.*



## REMINDER!

Please visit the PowerSchool parent portal to complete your student update forms. The forms collect important parent/guardian permissions, such as library cards, internet use, and medication administration.

## KEY EVENTS

- 8/18: DMS Sports Practices Begin
- 8/18: HS 9th-Grade Orientation
- 8/18: HS 9th-Grade Parent Night
- 8/20: HS Senior Portraits
- 8/22: Kindergarten Meet & Greets
- 8/23: First Day of School

Complete details: [www.fcasd.edu](http://www.fcasd.edu)

## AUGUST

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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			