



# PATTONVILLE SCHOOL DISTRICT NEWSLETTER

## CYBERSECURITY

### SCARE AWAY cyber criminals:

1. **Password protect** all devices and home networks
2. Do all device **security updates** immediately
3. Use long, unique, **strong passwords**
4. Use Multi-factor Authentication (**MFA**) on accounts



Participate in Cybersecurity Awareness Month activities to build up your defenses against the dark cyber arts!

## DATA PRIVACY

Technology is a real **TREAT**... but don't be **TRICKED!**  
Use your **SPIDEY SENSES!**

- **Don't click suspicious links** or enter your passwords on sites you get to by clicking links
- **Don't share PII (Personally Identifiable Information)** on social websites or in open-AI chatbots
- **Limit what apps and websites have access to** in your phone and web browser Settings



## DIGITAL TOOLS CAN HELP!

### Don't let your device notifications drive you **BATTY!**

Our cell phones, tablets, and computers have features that allow us to control how much time we spend on devices and when/how we receive (or *don't* receive) notifications.



### Google & Android resources for balance:

<https://wellbeing.google/>

<https://www.android.com/digital-wellbeing/>

### Apple Device? TRY ONE OF THESE:

- [Set up a custom Focus](#) to concentrate on an activity that's different from the default options
- Use **Screen Time** to set limits for apps and websites for yourself or your children
- Minimize interruptions by managing your **Notifications** (found in Settings)
- Set up a [Sleep Focus schedule in the Health app](#) on iPhone
- Use the **Driving Focus** to keep your eyes on the road

More Information:

<https://psdr3.org/help>

Scan to Open



## WELLNESS REMINDERS!

SAVE  
THE  
DATE!



## Mammo-Gram-Athon

Tuesday - January 2, 2024  
7 a.m. - 5 p.m.

**SSM Health DePaul Hospital Breast Center**

3440 DePaul Lane, Ste 100  
St. Louis, MO 63044



Breakfast & lunch will be provided along with a thank you gift.  
(Grant coverage offered to those with no insurance.)



Introducing the  
**Sydney Health App**  
from Anthem!

Sydney Health makes healthcare easier.

- Find care and compare costs
- See what's covered and check claims
- See a full picture of your health
- View and use digital ID cards
- Virtual Care with a nurse or doctor
- Live Chat to speak with an Anthem

[REGISTER](#)