

SHRED FOR A PAWS CAUSE

SEPTEMBER 29 @ 12:00 AM - 5:00 AM

The City of Round Rock has partnered with Balcones Shred to host a Document and Hard Drive Shred Event from 8 a.m. to 1 p.m. Saturday, September 29, 2018 (weather permitting) at the Recycling Center, 310 Deepwood Drive.

The event is free with a pet item (see Needs List below) or cash donation. All donations will benefit the Williamson County Regional Animal Shelter.

Sample pieces for destruction:

- CD's
- Checkbooks
- Financial Records
- Floppy Discs
- Hard Drives
- Invoices
- Legal Documents
- Receipts
- Tax Returns
- Other Confidential Files

Animal Shelter Needs:

- Treats
- Dog Toys (Kong, Rope, Rubber Chew Toys, etc.)
- Cat Toys (Wand, Mice, etc.)
- Cat Litter
- Kitten Bottles
- Pill Pockets
- Canned or Dry Food
- Cat Carriers
- Hypo-Allergenic Dog Shampoo
- See Animal Shelters Complete Needs List at <http://pets.wilco.org/Donate-Shop>

Please limit to 5 standard file boxes and 10 pieces of media per person.

For more information visit Shred for a Paws Cause event webpage: <https://www.roundrocktexas.gov/departments/utilities-and-environmental-services/solid-waste-recycling/shredday/>



NEWSLETTER INFO

NEWSLETTER

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**NOT AVAILABLE
ONLINE**

STUDENT AND PARENT DIGITAL SAFETY INFORMATION “DAVID’S LAW” CRIMINALIZES CYBER BULLYING IN TEXAS

Round Rock Independent School District Staff

Student safety is the top priority of Round Rock ISD and ensuring a safe and secure learning environment requires a partnership between students, parents, employees, as well as our public safety partners.

To keep students and parents informed, Round Rock ISD is sharing the following information about Senate Bill 179 or “David’s Law.”

Senate Bill 179, commonly known as “David’s Law,” makes it a Class A misdemeanor and allows a temporary injunction against social media accounts used to electronically harass or cyberbully someone under age 18 through text message, social media, websites or other means with the intent of causing them to commit suicide or harm themselves.

“Student safety, both online and offline, are a District priority. The consequences that result from the violation of ‘David’s Law’ are serious and it includes expanding the District’s scope of involvement when a case of cyber bullying is reported,” Mario DeLaRosa, Round Rock ISD director of safety and security, said. “Round Rock ISD’s anti-discrimination policy is in the student code of conduct handbook and it explicitly prohibits cyberbullying. We urge parents to continue to remind their student to be mindful of their online behavior, how it can affect themselves and others.”

Authored by Texas state Senators José Menéndez and Judith Zaffirini the bill requires school districts to include cyberbullying in their district bullying policies and notify parents by the next day if their child has been bullied, and to notify the parents of the alleged aggressor within a reasonable amount of time. Also, schools have the authority to investigate cyberbullying and to work with law enforcement on such investigations.

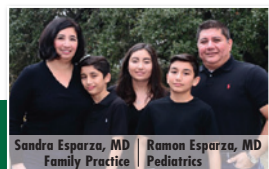
If a student believes they are a victim of cyberbullying or if a teacher, administrator or other school personnel know about an incident of cyberbullying they can report it using the District’s Anonymous Alerts incident reporting system. Anonymous Alerts satisfies the law’s requirement to have a system that allows for anonymous reporting and provides immunity to those who file a report.

More about Anonymous Alerts

Anonymous Alerts allows students or parents to anonymously submit any sensitive or urgent student issues quickly to school officials. Students or parents can submit reports such as bullying, cyberbullying, depression, dating violence, drug or alcohol use, threats against the school, weapons on campus and more. All messages submitted remain completely anonymous.

To report an incident:

Download the free Anonymous Alerts mobile app
Apple iOS App or Android App 1. Start the App 2. Activation Code/Login = rrisd



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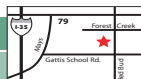
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HEALTHY HIGHLIGHTS: SEPTEMBER, HEALTHY AGING MONTH

No matter what your age, you can stay at your personal best with these expert tips.

By Matt McMillen

1. Get moving. Exercise regularly to maintain a healthy body and brain.
2. Stay social. Take a class, volunteer, play games, see old friends, and make new ones.
3. Bulk up. Eat beans and other high-fiber foods for digestive and heart health.
4. Add some spice. Add herbs and spices to your meals if medications dull your taste buds.
5. Stay balanced. Practice yoga or tai chi to improve agility and prevent falls.
6. Take a hike. Brisk daily walks this September can bolster both your heart and lungs.
7. Sleep well. Talk to a sleep specialist if you don't sleep soundly through the night.
8. Beat the blues. If you've been down for a while, see a doctor. Depression can be treated.
9. Don't forget. To aid your memory, make lists, follow routines, slow down, and organize.

Expert Tips on Healthy Aging

Tips from Gary W. Small, MD, professor of psychiatry and biobehavioral sciences, David Geffen School of Medicine at UCLA, and director, UCLA Longevity Center

- Take a daily brisk walk with a friend -- you'll get an aerobic workout, and the conversation will exercise your brain and reduce stress.
- To help control the urge to overindulge, just imagine eating that sweet treat. Research shows the fantasy dessert will satisfy you, and you'll actually eat less.

Tips from Carla Perissinotto, MD, MHS, assistant professor of medicine, division of geriatrics, department of medicine, University of California, San Francisco

- Every few months, review your over-the-counter drugs with your doctor for any potentially unsafe ingredients. I do this for my parents whenever I visit their home.
- Try yoga. All types help maintain physical and emotional health. My favorite is Kundalini yoga, which focuses on meditation and strengthening.

Tips from Elizabeth Eckstrom, MD, MPH, director of geriatrics, Oregon Health & Science University, Portland, Ore.

- Follow a Mediterranean diet to help prevent memory impairment and heart problems. I love salmon covered with fresh thyme and lemon slices and grilled on a plank.
- I do tai chi three days a week, and it dramatically improves my balance. Seniors can do it, too, and cut their risk of falls by almost half.

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Forest Creek Animal Hospital

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