



# GO MARINERS!!!

Important Message from

## NICHOLAS DIBS

TEACHER and Pacifica High School  
Honors graduate and former ASB Officer



Dear Community parents, students, families and friends,

May each of you be blessed to achieve **SUCCESS\*** and **VICTORY!**

Important wellness resources and information that may help:

- [SaveTheKids.us](http://SaveTheKids.us)
- [ProtectYoungEyes.com](http://ProtectYoungEyes.com)
- [ScreenagersMovie.com/resources-2](http://ScreenagersMovie.com/resources-2)
- [TomKersting.com](http://TomKersting.com) ("DISCONNECTED, How to Reconnect Our Digitally Distracted Kids")
- [InternetMatters.org](http://InternetMatters.org)
- [DrLisaStrohman.com](http://DrLisaStrohman.com) (Digital Citizen Academy to help keep families safe from online dangers)
- [TheJoyfulChild.org](http://TheJoyfulChild.org) ("Be Brave – Be Safe" program, etc.)
- [FTC.gov/KidsOnline](http://FTC.gov/KidsOnline) ("NET CETERA, Chatting with Kids About Being Online")
- [StGeorgeUtah.com/news](http://StGeorgeUtah.com/news) (search 'The most important app for your child is you')
- Google: **CA HR-28 humane education for students**
- [SocialEmotionalPAWS.org](http://SocialEmotionalPAWS.org)
- [DrKardaras.com](http://DrKardaras.com) ("Glow Kids: How Screen Addiction is Hijacking Our Kids - and How to Break the Trance")
- [Kindness1billion.org](http://Kindness1billion.org) (#kindness1billion) Orange County Department of Education's campaign encouraging students, educators and community members to help reach the goal of registering one billion acts of kindness!
- [SuicidelsPreventable.org](http://SuicidelsPreventable.org) (800.273.8255)

\* **"SUCCESS** (as I prefer defining it) is devoting and utilizing your career, talents and abilities helping others and oneself achieve much-needed positive change for a better future, nation and world!" --

**Nicholas Dibs, Teacher/Educator**

