

# Cougar Pawprint

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Illinois PTA District 37

May/June 2006

## Kimball Hill Elementary School

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## Kimball Hill Pledge

"I pledge at Kimball Hill School to respect myself and the rights and property of others. I am responsible for my behavior. I care about others and my school. I will try to be fair and I can be trusted to do my best."

**PTA**<sup>®</sup>  
everychild.one voice.<sup>®</sup>

## Support of many was crucial

Greetings to all! As this school year comes to a close, I find myself struggling to write my last newsletter article as your PTA president. I can't believe how quickly this year has gone by. Although it began with a somewhat rocky start, I am very pleased with the end result.

As the school year unfolded, everything began falling into place. Leading our PTA was quite a learning experience for me, yet I tried never to lose sight of the purpose, our children. I could not have done it without the support and encouragement of our one and only Mrs. Conrad, fourth-grade teacher. If she had not stepped up as PTA vice president, I'm not sure things would have gone so smoothly. Thank you for all you do, Mrs. Conrad! Kimball Hill is very fortunate to have you. I would also like to thank Mary Fava, treasurer, and Becky Leone, secretary, for their time and commitment to Kimball Hill.

I am very excited to announce our executive officers for 2006-07: **Steve Mullany**, president; **Aimee Brunlieb**, vice president; **Mary Fava**, treasurer; and **Tracy McMahon**, secretary.

Please join me in congratulating them

### President's message

Mona Targos



in their new positions. This is an awesome

group. They come with many new ideas and much enthusiasm. Best of luck to all of you!

Lastly, I would like to take a moment to congratulate Mrs. Mary Zarr on her promotion. When Mrs. Zarr arrived as our new principal two years ago, she had some big shoes to fill ... those belonging to Mr. Tom Ross. Quite frankly, I think she did a bang-up job! Hence, the reason District 15 snatched her up for her new position: executive director for administrative services in the superintendent's office. Mary, thank you for the memories! You will always be welcome here at Kimball Hill. Please visit us now and then. I want to wish you and your family the very best. You will be dearly missed!

Sincerely,  
Mona Targos

## Coming up

- ✓ **May 16:** PTA board meeting, 7 p.m.
- ✓ **May 18:** Open House, 6:30-7:30 p.m.
- ✓ **May 29:** Memorial Day, no school
- ✓ **May 31:** Sixth-grade track meet, Palatine HS (rain date June 1)
- ✓ **June 1:** Science Olympiad
- ✓ **June 2:** Market Day forms due
- ✓ **June 6:** Field Day
- ✓ **June 8:** Market Day pickup, 3:45-5 p.m.
- ✓ **June 8:** Last day of school, kindergartners. Awards assembly, grades 4-6, 2 p.m.
- ✓ **June 9:** Last day of school, 11:40 a.m. dismissal

# Cougar Capsules

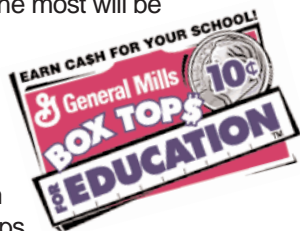


## School starting time unchanged

District 15 school starting times will not change for the 2006-07 school year. The Board of Education voted in April to keep the current start times in place. Starting times across the district are staggered to allow for more efficient use of the district's buses and to accommodate the state requirement for the district to provide transportation for students who attend private and parochial schools. In the past, start times for most District 15 elementary schools traditionally rotated from 8:30 a.m. to 9:10 a.m. in three-year cycles. Beginning with the 2003-04 year, the start times then in place were retained to save the district the cost of rescheduling all bus routes.

## Turn in those Box Tops

Send in all your Box Tops by May 22 for awesome prizes. The classes that turn in the most will be rewarded. Kindergarten through second-graders can win a class pizza party, ice cream party or popcorn party. Older grades have a chance to win a basketful of candy, an ice cream party or a popcorn party. Box Tops can be found on many name-brand food items. Check the labels of boxes, bag and cans. So far this year we've earned \$1,100!



## LEGO team builds a great year

The LEGO Team focused on intraschool scrimmages this year, as well as robotics and research skill building. Our mission involved ocean exploration, and the tasks we completed with our robots simulated actual oceanic projects currently going on around the world. Many thanks to team captains Amanda Faust and Caitlin Wooten and their team members: Eric Anderson, Perry Camodeca, Tim Konrad, Adam Pavlakis, Brian Suchocki and Matt Targos. See you in the fall! — Mr. Middleton and Mrs. Conrad

## Miles of pop tabs collected

Kimball Hill students and staff collected pop tabs as part of a PTA Ecology Committee project, with proceeds benefiting the Ronald McDonald House in Chicago. In just one month, 240 pounds (about 290,710) of pop tabs were collected for recycling. If these were laid end-to-end, they would extend 4.6 miles!

## Band students shine

Some of our band students had the chance to participate in the Illinois Grade School Music Association's Solo and Ensemble Contest held Feb. 18 at Maine West High School in Des Plaines. From Kimball Hill, Billy Fitzgibbons was a 1st Division Ratings winner with a perfect score on his trumpet solo. Sarah Garcia was a 2nd Division Ratings winner for her clarinet solo. Mr. Luloff, director of bands for Kimball Hill, Carl Sandburg and Central Road schools, congratulates all band students for their hard work during the year.



## If you have a sixth-grader . . .

Carl Sandburg Junior High's PSTA is looking for volunteers for next year. If you'd like to join a committee or help in any other way, contact Laura Aird at (847) 255-6009.

## From the newsletter editor

After a number of years of being PTA newsletter chair, next year will be my last. I'll be looking for a replacement. If you're interested in taking over and would like some training, please contact me at [thomas.clan@comcast.net](mailto:thomas.clan@comcast.net). Also, thank you to Deb Mullany for consistently proofreading each edition of this year's newsletter. — Colleen Thomas



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# Student Council looks back on a service-filled year

Student Council has done a great job this year. We focused on community service and coordinated many projects to help others. These included:

- Raising money to donate to the Red Cross for victims of Hurricane Katrina
- Collecting seven full shopping carts of food items and donating them to the Palatine Township Food Pantry in time for Thanksgiving
- Rounding up 100 toys for kids in time for the winter holidays
- Raising money for the American Cancer Society by selling "Cougar

Courage" bracelets

The student, family, faculty and staff at Kimball Hill worked beautifully together to help others. We should all be very proud to be part of such a caring group of individuals!

Have a great summer!  
— Mrs. Conrad

# Spirit of our community shines brightly

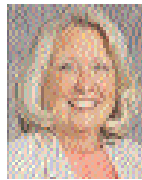
So where does that time go? It seems like just a short while ago I was writing to everyone to welcome you back to school, and now we are already wrapping up another successful year at Kimball Hill. The students, staff and all of our Kimball Hill families play an integral role in creating that spirit of a community school that sets us apart from your average elementary school.

## Great day for walking

The entire student body participated in our Walk for Education on April 26. It was a beautiful day as we rotated from walking, to lunch, to recess and back to walking. Our kindergarten students joined in during their Kindergym time. We are very grateful for our parent volunteers, program assistants and teachers who helped supervise as we made our way around the pond. We are so lucky to have such a gorgeous park available to us! The last few pledges are dribbling in, and we have raised over \$3,200!

## Principal's message

Mary Zarr  
zarrm@ccsd15.k12.il.us



## Looking to next year

We are very busy planning for next year, and nothing is more important than welcoming our new principal, Mr. Brian LeCrone. Mr. LeCrone comes to us from Carl Sandburg where he was assistant principal. We feel very fortunate that Mr. LeCrone is well acquainted with our community and feels that the Kimball Hill community holds a special place in his heart.

We are also working on our sectioning and teacher assignments. Our numbers have been somewhat fluid over the last several months, and we are constantly updating so we can plan in the best interest of the students. We were extremely pleased with our integration plan at grades three, four, five and six this year, and

next year will be extending that integration plan to include our second-graders. This year half of our second-graders participated in a pilot integration where classes were integrated for math and inquiry based units. Next year we will have three completely integrated and balanced second-grade classrooms. They will regroup for language arts instruction in the morning and then return to their integrated classroom for instruction in all other areas.

## A final note

I will be moving over to the District 15 offices on July 1. I will pack everything, but my heart will remain here with all of you. I cannot thank you enough for all you do and give. Each one of you contributes a special part to what makes Kimball Hill the community school that it is. Our special culture, pride, passion and deep sense of loyalty is what makes Rolling Meadows the jewel of the northwest suburbs with Kimball Hill as its diamond in the center.

## A look at the 2006-07 calendar

A tentative 2006-07 District 15 school calendar was approved in December by the Board of Education. The calendar uses the same number of pupil attendance days, teacher institute days, parent/teacher conference days and student nonattendance days as in 2005-06. These dates, however, are subject to adjustment pending teacher contract negotiations. A revised official calendar will be issued once an agreement is finalized.

### — 2006 —

Aug. 23	Opening day of school, grades 1-8
Aug. 24	Kindergarten and early childhood classes begin
Sept. 4	Labor Day, no school
Oct. 9	Columbus Day, no school
Nov. 20-21	Parent/teacher conferences. No student attendance
Nov. 23-24	Thanksgiving recess, no school
Dec. 18-Jan. 1	Winter break, no school

### — 2007 —

Jan. 2	Schools reopen
Jan. 15	Martin Luther King Jr.'s birthday, no school
Feb. 19	Presidents' Day, no school
March 26-30	Spring break, no school
April 6	Nonattendance day
May 28	Memorial Day, no school
To be determined in April	School ends

## Carl Sandburg PTSA offers e-news for parents

A new website has been developed for Carl Sandburg parents and students. Parents can receive occasional e-mail updates about what's happening at Carl Sandburg Junior High as well as information about getting involved with activities and special events.



- District 15 updates
- School event highlights
- State testing information
- Upcoming referendum info
- PTA newsletter

To register, log on to  
[www.sandburgptsa.org](http://www.sandburgptsa.org).

Your e-mail address will not be accessible online or used/shared for any other purposes.

# What a blast it was!

## Annual Fun Fair was made possible by dozens of volunteers

The school was filled with sounds of laughter and loads of happy faces on April 21 as the Kimball Hill PTA hosted its annual Fun Fair. This event would not be possible without the help of volunteers.

Many, many thanks to those who helped run the **games**:

Katie King, Reid Stehmeier, Dalton Elkins, Daniel McMahon, Nathaniel Harraman, Kendall Anderson, Elizabeth Dunderdale, Patti Harris, Steve Mullany, Kevin McAlhaney, Bill Suchecki, Maureen Suchecki, Josie Suchecki, Stephanie Hoppel, Brandy Filbin, Sarah Gracia, Scott Taylor, Paul Kuczek, Berta Bridges, Valerie Hanley, Steven Pavlakis, Lisa Cantieri, Matt Flanagan.

Susan Buckel, Christina Krawczyk, Michael Nattinger, Len Cali, Connie Cali, Ashley Cali, Jimmy Paglia, Judy Camodeca, Marti McNally, Nancy Wilberscheid, Carter Gibson, Carrie Wazorick, Ian Stehmeier, Mrs. Cunningham, Linda Andersen, Jen Andersen, Emily Andersen, Mrs. Sander, Dan Kreush, Perry Camodeca, Stacy Gibson, David Miller, Susie Miller, Mrs. Moore, Eylse Koutas, Mrs. Secora, Terri Toenjes, Tom Toenjes, Aleasha Jocius.

April Butler, Alexandria Johnson, Lizzy Anderson, Karen Francis, Sue Schultz, Catherine Cantieri, Megan Fortner, Deb Bohac, Kim Vermillion, Kristen Mrockowski, Danielle Klish, Deonna Bridges, Ariana Garcia, Mona Targos, Brian Targos, Andrea Golden, Dana Hollingsworth-Mussa, Sylvia Anders, Alex Conrad, Mr. Conrad, Alyssa Erickson, Trevor McNally and Laura Suchocki.

Thanks to the volunteers who kept things rockin' at the **cake walk**: Mrs. Farrell, Mrs. Atristain, Mrs. Lakofka, Carrie Wazorick and Kathy Brigman.

Big thanks to those who made sure all the children had enough tickets to purchase: Susie Lincoln, Mary Fava, Sandy Pavlakis and Jean Koutas.

A colorful thank you to all those

### Record number of entrants in poster contest

The PTA would like to thank all who participated in this year's Fun Fair poster contest.



We had our highest number yet with 66 very creative entries. We also extend a special thank-you to all the teachers, staff and PTA board members who took time to stop by and cast their votes to determine our winners.

The winners, in first, second and third place order, are:

Kindergarten: Ashley Berns, Isabella Baldree and Liyah Glaser

First grade: Amanda Elkins, Elizabeth Elkins, Christopher Recendez

Second grade: Sarah McMahon, Noah Morkert, Kathryn Piehler

Third grade: Gaby Johnson, Nicole Hoppel, Kou Glaser

Fourth grade: Nikko Koutas, Jenna Anderson and Erin Poduch, Timothy McMahon

Fifth grade: Megan Thomas, Caitlyn Wootten, Brittany Whittier

Sixth grade: Stephanie Hoppel, Stephanie DeLaTorre, Shelby

Delaney

Those who participated and received a Fun Fair food coupon are: Amanda Abraham, Caitlyn Adkins, Rachel Andersen, Ivan Anrubio, Cecelia Arreola, Emmanuel Avila, Ember Berns, Alexandra Boddy, Ashley Bremer, Sara Brunlieb, Ryan Buckel, Lizbeth Chagoya.

Amanda Check, Vincent Cipolla, Cathy Conrad, Jacob Doose, Patty Escutia, Angie Garcia, Kelly Golbeck, Ryan Golbeck, Kayla Greenholt, Brian Guillen, Alberto Guzman, Alex Harris, Kasey Jauch, Carlos Jimenez, Lauren Leidecker, Jack Lincoln, Kayla Lincoln, Kennedy Mazurek.

Erin McAlhaney, Ryan McAlhaney, Jodi McHugh, Brian Mestizo, Rachel Mullany, Stivens Nune, Brendan O'Donnell, James O'Donnell, Nikki Paglia, Alyssa Powers, Sara Puleo, Holly Sheppard, Vanesa Soto, Conor Thomas, Siyana Todorova and Jennifer Whidden.

Once again, thanks to everyone who participated. You helped make our Fun Fair a big success!

Tracy McMahon and Dori Johnson  
Fun Fair Poster Contest Committee

who painted beautiful faces that night: Mrs. Zarr, Mrs. Conrad, Dori Johnson, Jack McMahon, Kerry Conrad, Jodi Check and Amanda Andersen.

Yummy thanks to all those who volunteered at the **concession tables**: Gail King, Laura Comastro, Sue Anderson, Teri O'Donnell, Mrs. DiGaudio, Kevin Garner, Ms. Gentry, Mrs. Juza, Mrs. Madden, Mrs. Peight, Matt Suchocki, Aimee Brunlieb, Pete Brunlieb, Donna McDaniel, Connie Cali, Robert Peterson and Lori Whittier.

A warm "toy-erfic" thanks to those

who volunteered at the **redemption tables**: Tracy McMahon, Annette Rochelle, Jen Wellhausen, Rick Wellhausen, Caroline Wootten, Dawn Mazurek, Michelle Nattinger, Lisa McAlhaney, Tanshe Giddens, Teri Toenjes, Debbie Royster, Amy Setze, David Wieshusen, Adam Bohac and Stacy Gibson.

The success of the Fun Fair is due not only to those mentioned above, but also to the dedication of Jerry Cazares and his crew who handled

Continued on Page 5

# Kindergartners show their skills at Olympics

It's hard to believe we've concluded our Kinderym year. Our 22nd Annual Kinderym Olympics was held April 12 before a packed spectator's area. Our athletes were very proud as they marched in the gym, each carrying a U.S. flag that they had made. After a brief introduction of volunteers and staff, the children showed off all the skills they had developed throughout the year. They demonstrated upper and lower body strength on the scooters, balancing abilities on two beams, fundamental movements at the hurdles, the proper way to throw, catch and kick at two different stations, and jump roping.

After completing all the Olympic events, each child was presented a gold medal by Principal Mary Zarr and our school's mascot, Courage the Cougar. We wish to thank all parents, grandparent, friends and family who took time to come and support the children. A special thank-you goes to Rolling Meadows Mayor Ken Nelson, who was able to join us for our afternoon program and lead us in the Pledge of Allegiance and our national anthem.

As coordinators of this program, we cannot say enough about the volunteers who continue to offer their time. It has been our sincere pleasure to work with the following parents this year: Mary Beth Mayer, Valeria Hanley, Amy Hernandez, Mary Mueller, Judy Camodeca, Amy Soos, Meluz Abraham, Sarah Janowicz, Lisa McAlhane, Debbie Royster-Krogstad, Dina Weymouth and Marti McNally.

We have also had a great deal of fun with our volunteer substitutes, who always came through in a pinch: Kim Gertie, Patty Harris, Brittany Coronado, Jen Elkins, Annette Rochelle, Sandy Pavlakis, Stacy Gibson and Connie Cali. We truly thank the Kimball Hill PTA, school administration, teachers and staff for their support of this valuable program.

The kindergartners will continue to meet with our P.E. teacher, Mrs. Cunningham, once a week as they continue on their journey to become first-graders. Our greatest joy came from working with the children each week. We are extremely proud of all they have accomplished, and urge them to continue to do their best and HAVE FUN!

Until next year,

Tracy McMahon, Linda Andersen and Jodi Check  
Kinderym coordinators



Above, a kindergartner leads the procession around the gym. The students held flags they had made of construction paper. At left, balance was one of the skills learned this year and demonstrated at the Kinderym Olympics.

## Fun Fair

Continued from Page 4

setup, cleanup and everything in between. The teachers and staff who had to reschedule their classes so we could set up in time for the fair. Mr. Middleton for our "advertising time" and getting Fun Fair news on the morning announcements. Mrs. Boulter for use of her equipment and

coolers days before the fair. Mrs. Evans and the front office for fielding phone calls, directing baked goods, and volunteer and ticket forms. To all the parents who baked those delicious baked goods for the cake walk. Thank you one and all who helped set up, clean up and take down all the games, posters, garbage and everything in between!

Last but not least, a HUGE THANK YOU to those on this committee: Rick

Elkins, Tracy McMahon, Dori Johnson, Jean Koutas and Laura Suchocki.

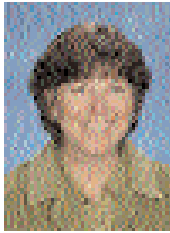
(If perhaps you were a volunteer and your name is not mentioned above, your time, talent and energy WAS noted, but the notes with volunteer names were smudged with hot dog ketchup, face and spin art paints!)

It's not too early to mark your calendars for the 2007 Fun Fair. It will be held April 20 from 5:30 to 8:30 p.m.

— Jen Elkins

# Teacher Features

## Mrs. Madden First-grade teacher



**Hometown:** Palos Heights

**Education:** bachelor's in education from St. Mary's College, master's in education from Concordia University

**Hobbies/Interests:** golf, reading,

playing with my daughter

**Family:** Husband Kieran, who works in the food industry; son Michael; daughter Erin.

**Personal hero:** my colleagues, past and present

**Favorite food:** seafood

**Favorite book:** All books, especially children's books

**The best thing about my job is:** the enthusiasm and zest for learning my students have year after year.

## Ms. Norton Fifth-grade teacher

**Hometown:** Philadelphia

**Education:** bachelor's in education, master's in counseling, 38 hours of post master's

**Hobbies/Interests:** reading, gardening, enjoying friends and family

**Family:** Two daughters, one a clerk for the Wisconsin appeals court judge, the other a financial analyst.

**Favorite food:** carrot cake

**Favorite book:** "Max Perkins,

Editor of Genius"

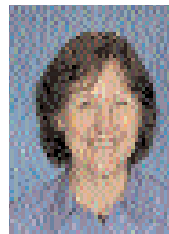
by A. Scott Berg, or "The Razor's Edge" by

Somerset Maugham

**The best thing about my job is:**

watching the children grow and learn both academically and personally.

(After a 39-year teaching career, Mrs. Norton will be retiring at the end of the school year.)



# Stock up for summer BBQs, easy meals



It's hard to believe that another school year has come and gone. It seems like only yesterday we were sending our children off for their first day of a new school year! Now it's time to get ready for a busy summer of driving our children to ball fields, swimming pools and camps, or just to a friend's house to hang out. With all the activities the summer brings, it's often difficult for families to eat together. With Market Day, meal planning has never been easier. Choose from the Flame Broiled Beef Patties for a quick, easy and tasty meal that can be made "to go." Cook-out classics like Ranch Steaks, Bone-in Pork Chops or Deli Style Kosher Hot Dogs can all be enjoyed by the family -- and don't forget favorites like ChicNSteaks and Chop House Cheeseburgers.

Our last sale for the school year will be June 8. So why not stock up for the months ahead? We'll have your order packed up for you so you can get on with your busy summer.

I would like to take this opportunity to thank our loyal volunteers who month in and month out are giving their time to make your Market Day experience a pleasure. Without the time and efforts of Connie Cali, Jean Koutas, Marti and Bob McNally, Teri O'Donnell, Judy Camodeca, Michelle Melzer, Nancy Wangen, Linda Andersen, Caroline Wootton and Peter Brunlieb, Kimball Hill's Market Day would not run as smoothly as it does. So hats off to our volunteers. We couldn't do it without you!

The 2006-2007 Market Day school sales will kick back up the second Thursday in September. Again, thanks to all who have supported Kimball Hill through Market Day. Have a great summer!

Aimee Brunlieb  
Market Day Committee Chair

## An important note from the lunchroom



Effective immediately, school meal account balances may not go below zero. IOU's will not be issued. Students must have money in their account to participate in the school meal program.

All outstanding debts must be paid by this date.

Please ask your children to check their balances when they eat. Balances are displayed on the computer screen after each

meal purchase.

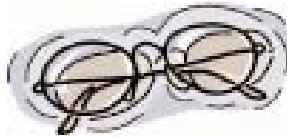
Please make sure students have enough money in their account to cover the days they wish to eat school meals from now through June 8.

If you have any questions, call Mrs. Boulter at the school at (847) 963-5208.

Thank you for your continued participation in our Nutrition Services Program.

## Notes from the Ecology Committee . . .

### Kimball Hill students 'Recycle for Sight'



Kimball Hill students, families and staff recently participated in a "Recycle for Sight" used eyeglasses collection program. Susie Lincoln, a member of the PTA Ecology Committee, reported that 83 pairs of glasses were donated to help people living in areas where eye care is often unaffordable and inaccessible.

KH families and staff were asked to look through their drawers and closets for unwanted prescription eyeglasses and prescription and non-prescription sunglasses. These glasses will be donated to the Lions Club, where they will be cleaned and prepared for

distribution around the world. It is estimated by the World Health Organization that the use of corrective lenses could improve the sight of approximately one-fourth of the world's population. Unfortunately, according to Lions International, people living in poverty-stricken areas might have to pay as much as a month's wage for an eye exam, and one eye doctor might have to serve hundreds of thousands of people.

Thanks to Kimball Hills students, families and staff for helping to improve the lives of so many.

### — Earth-Friendly Tip of the Month —

Did you know it's illegal to throw hazardous wastes to be taken out with your regular garbage pickup? Such items contaminate the ground and water near landfills, possibly harming our water supply. The Solid Waste Agency of Cook County (SWANCC) offers several opportunities each year for residents to dispose of such waste. What follows are some upcoming drop-off days and their locations:

May 20, Libertyville  
8 a.m. to 2:30 p.m.  
ComEd facility  
1500 Franklin Boulevard

June 10, Hillside  
8 a.m. to 3 p.m.  
Proviso W. High School  
4701 W. Harrison

June 24, Deerfield  
8 a.m. to 2:30 p.m.  
Deerfield High School  
1959 N. Waukegan Rd.

#### What's acceptable:

Aerosol paints and pesticides, lawn chemicals, antifreeze, mercury, cleaning products, old gasoline, drain cleaners, oil-based paint, fluorescent lamp bulbs, paint thinners, herbicides, pesticides, pool chemicals, solvents, used motor oil.

#### What's not acceptable:

Agricultural wastes, fireworks, business/commercial, explosives, lead acid batteries, propane tanks, fire extinguishers, smoke detectors, latex paint.

### Simple ways to get physical for healthy family fun

Involving the entire family in physical activities is a fun way to spend time together, and helps teach children healthy habits that will benefit them throughout life.

There are many ways to take advantage of the fine spring and summer weather ahead:

- Take the family out for an after-

dinner walk around the neighborhood or in a park.

- Spend an afternoon at the local playground.
- Share active chores, such as gardening, raking leaves or washing the car.
- Go for a family bike ride.
- Take the dog for a long walk.

## Know if your child has a Web site

The media has recently paid a lot of attention to the alarming stories of children who have been seriously harmed by predators they first encountered through online activity, sometimes through the creation of a personal Web site. While such sites can be an incredible outlet for creativity and personal expression, they can also present serious risks if they are not critically monitored by responsible adults. You need to educate yourself about the potential dangers this access can pose and talk with your child about using the Internet safely.

Children who have their own Web sites need to understand how an outsider might view the information they post. Ask them to consider what a stranger would learn about them from the information they posted and how that information could be used to harm them.

You should periodically type all family members' names into a commonly used search engine to find out what types of information is posted about them. If you find that your child has created a Web site that you weren't aware of, take a look. You should let your child know that you are aware of the site, and that you will be monitoring it. If your child has posted personal or inappropriate information, you should have a serious and open discussion about it.

Your child needs to know what the rules are, why they exist, and what the consequences will be if they are broken. Above all, you need to reassure your child that if anything online makes him or her feel uncomfortable, you are the safest person to turn to for help and advice.

— From PTA.org