

January 2026

# NNPS CYBERTIMES

## THE LATEST UPDATES IN INFORMATION SECURITY

### Staying Safe Online: Simple Steps That Protect Our Schools & Homes

#### Why Cybersecurity Matters

Technology is woven into the daily rhythm of our schools and homes. From email and grade portals to learning platforms, payments, and messaging apps, it connects almost everything we do. Unfortunately, cybercriminals know this, and they often target busy educators, staff, and families who are juggling a lot.

Cybersecurity isn't just an "IT thing." It's a shared responsibility that helps protect:

- Student information
- Staff accounts and communications
- Family financial data
- School operations and learning continuity

The good news: Most cyberattacks can be stopped with just a few smart habits.

### This Month's Cyber Focus: Account Security & Password Safety

Stolen passwords are the #1 cause of data breaches in both schools and households. Most attackers don't "hack"; they log in using stolen or reused credentials, often gathered from phishing emails or fake websites.

#### Common Warning Signs

Be alert to:

- Emails saying your account will be "locked" or "suspended."
- Urgent requests to "verify" your login or payment info.
- Password reset notifications you didn't request.
- Links or attachments that seem official but feel pushy or off.

If it feels rushed or like someone is trying to apply pressure for you to act, it's most likely a security risk.



### Smart Cyber Habits For Everyone

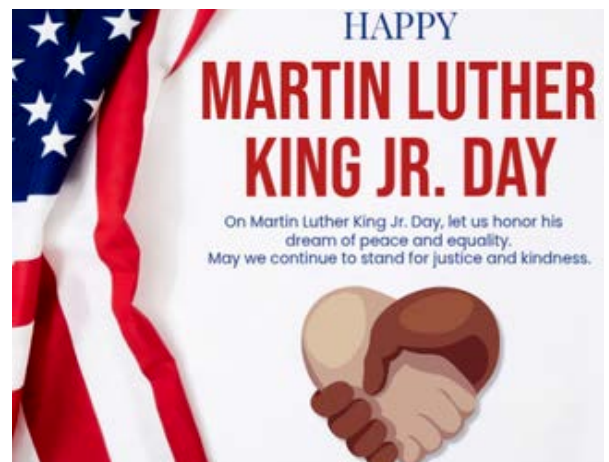
#### 1. Use Strong, Unique Passwords

- Avoid using the same password across accounts (school, email, shopping, banking)
- Use longer phrases with numbers, since they're stronger and easier to remember
- Consider a password manager to store and protect your logins

#### 2. Turn On Multi-Factor Authentication (MFA)

- If a site or app offers it, enable MFA
- Adds a second layer of protection, like a code or app approval, even if someone knows your password

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### Stay Cyber-Smart at Home, Too

#### Final Thoughts: Cybersecurity Is a Team Effort

Every cautious click, every strong password, and every suspicious email reported helps keep our school division safe. Cybersecurity is not just about protecting computers or networks; it's about protecting students, staff, families, and the trust that allows learning to happen every day.

Cyber threats continue to evolve, but simple habits make a real difference. Taking a moment to pause before clicking a link, keeping devices updated, and asking questions when something feels unusual all help reduce risk. When concerns are reported, our IT and cybersecurity teams can respond quickly and help prevent larger issues.

Thank you for being alert, engaged, and proactive. Working together, we can maintain a safe, secure digital environment for everyone in our school community.

Need help or have questions? Our Technology team is always here to support you.

[sbo.nn.k12.va.us/technology](https://sbo.nn.k12.va.us/technology)

[help.desk@nn.k12.va.us](mailto:help.desk@nn.k12.va.us)

(757) 881-5461 x.12411

**Stay smart. Stay secure. Stay connected.**

### Security Insights for Everyone:

ENCRIPTION IS THE DEFENSE AGAINST  
THE DARK ARTS



IN THE DIGITAL REALM.



### Smart Cyber Habits For Everyone

#### 3. Hover Before You Click

- Pause and hover over links before clicking
- Be cautious with unexpected attachments
- When in doubt, visit the website directly instead of clicking a link

#### 4. Keep Devices Updated

Updates fix known security issues:

- Phones and tablets
- Laptops and desktops
- Apps and browsers

#### For Parents & Guardians

You don't need to be a tech expert to help at home:

- Talk with students about suspicious messages or pop-ups
- Remind them: never share passwords, even with friends
- Monitor accounts connected to school apps or online payments
- Encourage them to speak up if something feels "off" online

**Cyber awareness at home always helps strengthen security at school.**

