

# HOLY FAMILY COLLEGE



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## DIARY

### 3 November

Helen Suzman Memorial event

### 1 December

High School Prize Giving

### 6 December

Reports to be handed out

### End of Term 4

### 17 January 2018

Term 1 2018 begins

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.”

*St Francis of Assisi*

## HIGH SCHOOL NEWSLETTER

### Fireworks

Fireworks can be extremely dangerous and can cause serious injury and even death if not handled correctly. Please supervise your children carefully if you will be having fireworks this weekend.

**No fireworks may be brought to school under any circumstances.**

### Leaving school after examinations

Pupils should leave school immediately after their exams have finished. If they wish to make use of one of the study venues, those will be available with teacher supervision until 13:00. Pupils may then wait at the Science Block for their transport.

### Substance abuse

This week we tested eight High School pupils who tested positive for opioids. This drug is contained in cough mixtures and pain killers. Parents should avoid giving their children medication with opioids. Common side effects of opioid use include sedation, dizziness, nausea, vomiting, constipation, physical dependence, tolerance, and respiratory depression. Physical dependence and addiction are clinical concerns that may prevent proper prescribing and in turn inadequate pain management.

We do notice that these children are not alert and look



'down'. We had reports that some children were drinking cough mixture before the start of school and then decided to carry out drug tests. We will contact those parents to meet with substance abuse experts next week. This is a real concern.

### **Kids on Mobile Devices: an article from the internet**

*What are your kids doing today?*

You might say they're going to school or daycare. Maybe they'll have a piano lesson or soccer practice, then have dinner with the family. Somewhere in the middle of all that, they'll spend more than two hours in front of a screen.

Common Sense Media recently released their 2017 report, The Common Sense Census: Media Use By Kids Age Zero to Eight, which shares significant findings of how children engage with mobile devices and media activities. Of the average two hours and 19 minutes that a child under the age of eight spends with a screen in a single day, nearly an hour of that is devoted to television.

However, the way the rest of that time is spent has been changing over the last several years. In 2011, for example, those children spent five minutes a day on a mobile device. In 2017, they're spending an average of 48 minutes per day using smartphones or tablets.

#### *Mobile Is Everywhere*

Nowadays, 98 percent of kids under the age of eight have some sort of mobile device at home; 42 percent have their own tablet (and four percent have their own smartphone). Compare that to one percent in 2011 and seven percent in 2013, and you can see just how quickly the trend has grown.

#### *Screentime for Children Under Age Eight*

Though some of this media consumption is via television or computer, when it comes to mobile devices, kids spent most of their time playing mobile games or watching videos. A little time is spent video chatting, and another seven minutes is categorized as "anything else on a mobile device" that is not games, videos, chatting, or reading—perhaps to include homework, internet browsing, or even social media.

As may be expected, 64 percent of the online videos children watch "often/sometimes" are learning videos. Another 46 percent are animal videos, while 38 percent are how-to videos. With those stats, it seems that this media consumption is positive and educational.

Internet sponsored by:



However, another 34 percent of “often” or “sometimes” watched videos are product demonstrations, and 20 percent are challenge/stunt videos.

### *Are Parents Concerned?*

Technology, of course, is a big part of our lives, and kids will most likely need to be proficient in its use as they go to school and eventually start careers. Sixty-seven percent of parents believe their children benefit scholastically from digital media, while 57 percent believe it helps their children be creative. However, even more parents are concerned about violence, sexual content, and exposure to advertising; a full 70 percent are concerned about the amount of time their kids spend with their screens.

As this USA Today coverage of the report points out, “When a child can walk around with a tablet, watching videos, playing games and switching from app to app, it’s much harder for parents to monitor and limit screen time...”

### *Finding the Balance*

Today’s kids are naturally good with digital devices. Using a smartphone is intuitive, and it’s not difficult for them to find and use apps that you might not want them to.

We normally think of screen and internet guidelines as something our teenagers need, but young children benefit, as well. First of all, growing up in a home that has always had rules about mobile devices means the guidelines are a normal part of everyday life as your kids become teenagers. Limiting screentime from an early age gives your kids time to explore other activities they could grow to love and maintain as a part of their lives through high school.

*Here are a few other tips for balancing your children’s media use:*

- **Keep Reading:** Children of all ages should be read to every day; however, only 43 percent of kids under age two are read to that frequently. Take 15-30 minutes that your child might spend in front of a screen and use it as reading time.
- **Call Your Devices “The Family’s”:** Until it’s absolutely necessary for your family, avoid giving your child a mobile device that they call their own. Instead, give him or her access to “The Family Devices” at certain times or for certain reasons. The USA Today article quotes pediatrician Corinn Cross: “It becomes much harder for parents to regulate when the child thinks it’s ‘their’ tablet.”
- **Model Good Mobile Behavior:** Don’t use your smartphone anytime you don’t want your child to use one, such as while eating breakfast or performing a specific task.
- **Always Use Parental Controls:** When your child is ready for his own device, use trustworthy parental controls to limit the number of hours he/she can spend using it. You can even use those controls on your own device to block certain apps and categories of sites you don’t want your children to access when they’re using a smartphone or tablet.

<https://netsanity.net/young-children-gone-mobile-takeaways-common-sense-media-study/>

**Helen Suzman Memorial Event**

We were very happy to be hosting the Helen Suzman Memorial Event today, involving a talk from Mr Mosiua Lekota, and pupils debating various topics around youth and democracy. A memorial service was held in the Helen Suzman Garden before lunch was served to our visitors, staff and pupils. This event was organised together with the Helen Suzman Foundation and Beit Emanuel.

**Three2Six Project News**

The Three2Six Grade 2 class went to Camp Eden on Monday morning, returning on Tuesday afternoon. They had a wonderful time hiking, doing the obstacle courses and sitting round a camp fire in the evening. Thank you to our volunteers and Dr Potterton, who joined the children and helped make this such a fun time.

We were sad to say goodbye to Ellene Baettker this week, but we were very glad that she was able to join us for the camp. Go well, Ellene, you will be missed!

**Exams**

We continue to wish all our High School pupils, and especially the Matrics, good luck and good studying. Our thoughts and prayers are with you all.

**Good luck!**