

# April 2022

## Dear PEPPS Polokwane Families

Welcome back after the holidays.

Term 2 promises to be another **busy** term... **it is also an exam term**  !

We had our parents' consultations and they were well attended. Thank you to all those parents who attended.

It is a busy term for winter sports – the pupils have already started practising.

A few dates to remember for the term:



### April:

14/04: Deadline for subject changes for term 2

15 - 18/04: Easter weekend

23/04: Mitchell House netball festival

27/04: Freedom Day



### May:

02/05: Public holiday

21/05: Mitchell House 7-a-side hockey

26/05: 2023 Grade 8 Open Evening

27/05: Grade 9 Psychometric Testing

27/05: Grade 10 to 12 last academic day

30/05: Grade 10 to 12 exams start (school finishes at 13h00 for Grade 8-9, except on Fridays which is 12h00)

### June:

09/06: Last academic day for Grades 8 and 9

10/06: Grades 8 and 9 start their exams (they stay at school until 12h00)

20/06: End of exams

21/06: Leadership day

22/06: Grades 10 and 11 Genius Hour projects due

22 -23/06: Pupil moderation of exam papers

23/06: School closes at 11h30

27 – 30/06: Compulsory winter school for matrics

## Other matters:

1. **Lost property** – there are many items that pupils lose and which are then found. However, these items cannot be returned because the items were **NOT LABELLED**. Please make sure that you label everything that comes to school with your child!
2. **REMEMBER**: Our communication tool is Google Classroom.
3. **ADAM**: Please check **ADAM regularly** and communicate with teachers via email – don't wait for the end of the term.
4. **Sleeping hours and the use of devices by pupils**. . Please read through the following articles as this is a big concern everywhere.



## 9 ¼ hours

The average amount of sleep that teenagers get is between **7** and **7 ¼ hours**. However, they need between **9** and **9 ½ hours** (studies show that most teenagers need exactly **9 ¼ hours** of sleep). Teenagers do not get enough sleep for a number of reasons.



Sleep deprivation will impact on many aspects of your teenager's functioning:

- **Mood**. Sleep deprivation will cause your teenagers to be moody, irritable and cranky. In addition, they will have a difficult time regulating their mood, such as getting frustrated or upset more easily.
- **Behaviour**. Teenagers who are sleep deprived are also more likely to engage in risk-taking behaviours, such as drinking, driving fast and engaging in other dangerous activities.
- **Cognitive ability**. Inadequate sleep will result in problems with attention, memory, decision making, reaction time and creativity, all of which are important in school.
- **Academic performance**. Studies show that teenagers who get less sleep are more apt to get poor grades in school, fall asleep in class and have school tardiness/absences.
- **Drowsy driving**. Teenagers are at the highest risk of falling asleep at the wheel. Drowsy driving is the most likely to occur in the middle of the night (02h00 to 04h00 AM), but also in mid-afternoon (3:00 to 4:00 PM).

## How to help your teenager get enough sleep

- **Maintain a regular sleep schedule**. Your teenagers should go to bed and wake up at about the same time each day. Their sleep schedule should also ensure adequate time in bed.
- **Avoid oversleeping on weekends**. Although catching up on some sleep on weekends can be helpful, sleeping in until noon on Sunday will make it hard for your teenager to get back on a school schedule that night.

- **Turn off televisions, computers, and radios.** Television viewing, computer-game playing, internet use and other stimulating activities at bedtime will cause problems falling asleep.
- **Avoid caffeine, smoking, alcohol and drugs.** All of these cause sleep problems.

[www.nationwidechildrens.org/specialties/sleep-disorder-center/sleep-in-adolescents](http://www.nationwidechildrens.org/specialties/sleep-disorder-center/sleep-in-adolescents)

# Tips for Establishing Rules for Teen Cell Phone Use

Most teenagers don't have much time to spare before school. Texting or surfing social media can waste plenty of precious minutes so start the day off right by saying, "No phones in the morning."

If your teenager happens to get ready early, you might consider allowing him to use his smartphone for a few minutes as a privilege before he heads out the door.

## **Follow the School Rules**

Each school makes its own cell phone policies. Investigate the policy at your child's school and make it clear that you expect him/her to follow the rules.

If your teenager gets in trouble at school for using his/her cell phone when he/she is not supposed to, support the school's discipline policy.

After all, it's important for your teenager to learn that he/she will need to honour the cell phone policy of future employers or college professors also and it's an important life lesson to learn.

## **No Cell Phones at the Dinner Table**

Don't allow anyone to use his/her phone during meals. Practise being a good role model. Don't respond to text messages or emails while you're eating. Teach your child appropriate cell phone etiquette.

## **No Cell Phones during Family Time**

Stress the importance of interacting with one another in person. Make it clear that during family activities, cell phone use is prohibited.

Whether you're visiting with extended family or you're playing a game of catch, discourage bad cell phone habits, like ignoring friends to text someone who isn't present.

## **No Cell Phone Use During Homework Time**

Replying to text messages or keeping up with social media can be a huge distraction for teenagers who are trying to study.

Set limits on cell phone use during homework time, especially if your teenager's grades are suffering.

### **The Cell Phone Must Be Turned in Before Bedtime**

There really isn't a good reason why teenagers would need their phones during the wee hours of the morning. Teenagers who keep their phones in their rooms at night are likely to respond to text messages or social media updates in the middle of the night and it can interfere with their sleep.

Although there are several reasons why teenagers shouldn't sleep with smartphones in their bedrooms, one main reason is the pressure that many teenagers feel to respond to messages at all hours of the night.

You can take that pressure off by establishing a rule that says phones aren't allowed in your teenager's room overnight.

Establish a rule that clearly states what time the phone must be turned off in the evening. Then, charge the phone in a common area of the home, such as in the kitchen.

### **No Cell Phone Use While Driving**

Unfortunately, many teenagers get into fatal car accidents because they were replying to a text message while driving. Help your teenager to problem-solve ways to reduce the temptation to use the phone while driving.

The best solution is usually to shut off the phone while driving. At the very least, consider installing a smartphone app that prevents texting and driving.

### **No Cell Phones in Bedrooms**

Many teenagers just aren't ready to handle the responsibility of having a cell phone in their bedrooms. They may not be able to resist risky behaviour such as sexting or downloading inappropriate content.

Restricting your teen from using his/her phone in the bedroom can seem extreme, but for some families, it can be the best way to teach appropriate cell phone use.

### **How to Create a Behaviour Contract**

Once you've established clear cell phone rules, create a behaviour contract. Include the rules and the consequences your teenager will experience for breaking any of the rules.

You also might include what will happen if your teenager loses his/her phone, breaks it or incurs data overage charges. Then, have your teenager review and sign the contract.



The following information was also shared in Ms Roberts's newsletter at the beginning of the term.

<https://www.fosi.org/good-digital-parenting>

'Family Link' is a free Google App

'Bark' is a paid-for App

[www.verywellfamily.com/establishing-cell-phone-rules-for-teens-2609120](http://www.verywellfamily.com/establishing-cell-phone-rules-for-teens-2609120)

Thank you for your continuous support of the school! We **are** striving towards **EXCELLENT** education!

Kind regards



*Nelia de Beer*

**Head of PEPPS College**