

20 August 2022

Dear Parents/Guardians/Caregivers

*"A child who is allowed to be disrespectful to his parents will not have true respect for anyone."*

— BILLY GRAHAM

## Proverbs 29:17-21

Good News Bible

Discipline your children and you can always be proud of them. They will never give you reason to be ashamed. A nation without God's guidance is a nation without order. Happy are those who keep God's l...

Our children must learn to respect the Lord and others by the example we set. They must be held accountable for their actions by us and to us. Let us encourage and correct the way they talk, respond and act towards us and their siblings so we raise children that have respect for others and themselves.

## More playtime less screen time.

### » WHAT COUNTS AS SCREEN TIME?!



Sedentary activity in front of a screen, such as:



Watching television



Working on a computer



Playing video games



Using a smartphone or tablet

Children of all ages are living in a virtual world.

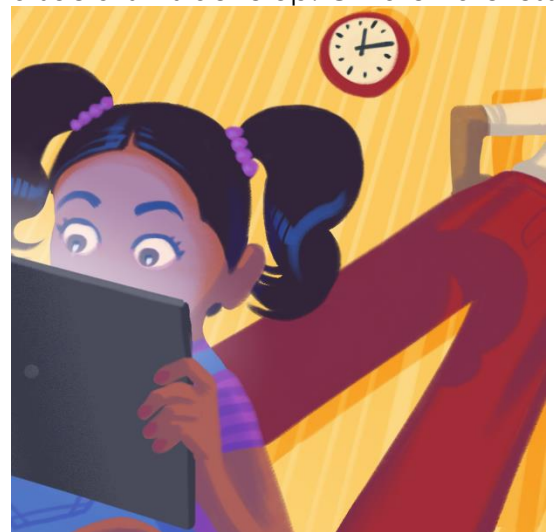
Technology can be beneficial when used correctly and consumed in moderation. However, children have a difficult time getting away from technology. Technology is everywhere and is easily accessible, which is why managing a child's screen time is so important. Studies have shown that too much screen time can cause children to become less active, less creative, and communicate less.

If children have too much screen time, it takes them away from playing outside, reading books, interacting with their family, as well as using their creativity. It is amazing to see that just by limiting a child's screen time, their overall physical and mental health improves, and their academics, creativity, and behavioural and social skills develop. Children are less likely to be

exposed to violence and aggression online and in age-inappropriate videos. It is important that pupils learn to limit their time with technology and that parents are aware of monitoring online activity so that their child's overall health can improve.

### Suggestions to lessen screen time

- Designate one or more days per week as "screen-free" days, where physical activity, reading, and spending quality time together are prioritised.



- Set firm limits for using screens. For example, no video games on school nights or no electronic devices an hour before bedtime.
- Turn off electronic devices during dinner. Make use of the time together to talk about the day.
- When your children's friends gather at your house, limit the amount of time they play video games. After 20-30 minutes of playing, suggest that the children move on to something else that does not involve a screen, like playing a board game or physical game (including playing outside).



- Be a good role model and limit your time in front of a screen too. If your kids see you following your own rules and being active, then they'll be more likely to follow your example.
- Make it a game! Place activity ideas in a jar. Whenever the family would typically be on electronic devices, pull an idea out of the jar instead and do it together.
- Try new hobbies. Replace screen time with something more active.

- Avoid using electronic devices as a reward or punishment. This makes screens seem even more important.

Adapted from: <https://magnushealth.com/benefits-of-limiting-screen-time-for-children>  
<https://www.actionforhealthykids.org/>

## Announcements

- Congratulations to all the pupils who recited a poem at the **Bosveld Kunsfees**, we are extremely proud of them. Huge thanks to the teachers for all the training and encouragement. In total, they achieved 8 – A+, 13 – A++ , 11 – A+++ certificates.
- We also competed in the **WOW Spelfees** at Piet Potgieter High school, they did well. Congratulations to Mpho Lebelo for receiving third place and going through to the national round in Stellenbosch.
- The grade 6 pupils truly enjoyed their leadership camp at **Jubaweni**.
- A few Grade 6 and 7 pupils played **chess** at Ortloff's Prep school, and we are proud of their sportsmanship and results.
- **Reports** will be emailed on 23 September for the ECD and Foundation Phase, the Intersen Phase and College will receive a report end of October. All pupils will receive a report at the end of the year. Please keep an eye on your child's progress by visiting ADAM regularly.
- We will celebrate **Spring Day** on 2 September with a Fashion parade and games.
- The platform for homework and announcements for the ECD and Foundation Phase is **myHomework** and for the Gr4 – 8 is **Google Classroom**. Your child has a PEPPS email address. Please join, all the Grade 4 – 7 pupils have received an invite to their class. If you still have trouble joining, please contact the school. Mr van Zyl has also created a YouTube video for the parent's convenience. Please follow the link below:

<https://drive.google.com/file/d/10ujJimeHAfAx0B4PazdutbKX0VQNgZee/view?usp=sharing>

Kind regards

*Sharon King*

Head – Preparatory School

"At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents."

Jane D. Hull