

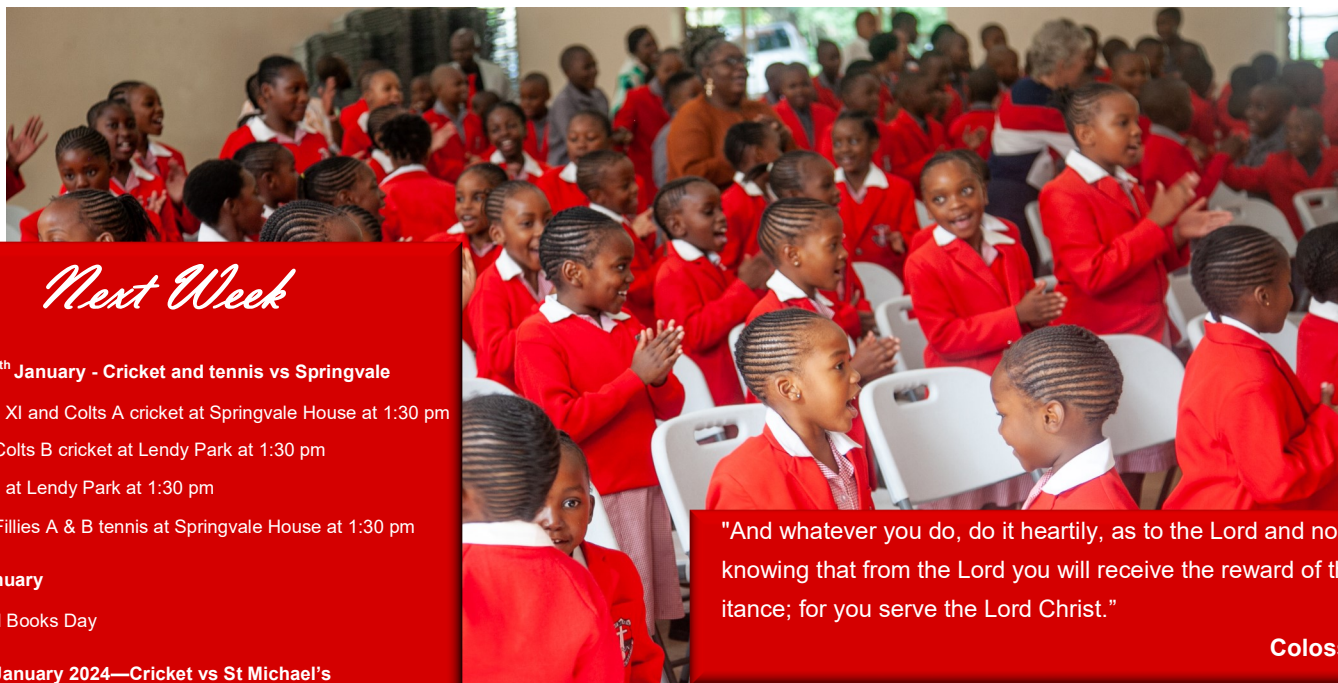
LENDY PARK



"Train up a child in the way he should go: and when he is old, he will not depart from it." (Prov. 22:6.)

School Newsletter: Term 1, 2024 - Number 1

January 12th, 2024



Next Week

Wednesday 17th January - Cricket and tennis vs Springvale

- ⇒ 1st XI, 3rd XI and Colts A cricket at Springvale House at 1:30 pm
- ⇒ 2nd and Colts B cricket at Lendy Park at 1:30 pm
- ⇒ 1st tennis at Lendy Park at 1:30 pm
- ⇒ 2nd and Fillies A & B tennis at Springvale House at 1:30 pm

Friday 19th January

- ⇒ Beautiful Books Day

Saturday 20th January 2024—Cricket vs St Michael's

- ⇒ 1st XI and Colts A cricket at Lendy Park at 9 am
- ⇒ 2nd and Colts B cricket at St Michael's at 9 am

Click the link for the term calendar which may be updated as circumstances change.

[Term 1 2024 Calendar](#)

"And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ."

Colossians 3:23-24

The Entangled Web: Dangers of Digital Addiction for Children

In today's hyper connected world, digital devices have become a constant presence in children's lives. While technology offers undeniable benefits, like access to information and educational resources, its excessive use can lead to a myriad of dangers, particularly for developing minds. Here, we delve into the potential pitfalls of digital addiction for children.

Some mental health dangers are **Attention Deficit and Hyperactivity Disorder (ADHD); Anxiety and Depression and Cyberbullying.**

There are additional Social and Cognitive Developmental problems that arise and include **Impaired Social Skills; Sleep Disruption and Addiction and Impulsivity (Anger Management)**.

So how do we protect our children in the Digital Age? It's not about demonizing technology but fostering a healthy and balanced relationship with it. Here are some steps parents and caregivers can take:

- **Set Screen Time Limits:** Establish clear guidelines for daily screen time and stick to them consistently. Utilise parental controls to restrict access to certain websites and apps.
- **Prioritise Real-World Interactions:** Encourage outdoor play, physical activities, and face-to-face interactions with family and friends.
- **Lead by Example:** Be mindful of your own screen time usage and set a positive example for children.
- **Open Communication:** Maintain open communication with children about their online activities and address any concerns they might have.
- **Seek Professional Help:** If you suspect your child has developed a digital addiction, seek professional help from therapists or counselors specializing in technology addiction.

Remember, protecting children from the dangers of digital addiction requires a proactive approach. By fostering responsible technology use and prioritising real-world experiences, we can help them navigate the digital world safely and reap its benefits without succumbing to its pitfalls.

Let's work together to ensure that technology empowers our children's growth and development, not hinders it.

