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Graeme College's Vision Statement

"To strive for excellence by developing all to their full potential."

NEWSLETTER - Thursday 26 April 2018

*"What we need in South Africa is for egos to be suppressed in favour of peace.
We need to create a new breed of South Africans who love their country and love everybody,
irrespective of their colour." ~ Chris Hani*

I recently came across an interesting blog by Dr. Lieb Liebenberg (the CEO of ITS!). This blog discusses the controversial issue of children and digital devices.

Feel free to consult this website for further reading (<https://www.it.si>) and this blog (<https://www.it.si/entry/neuromyth-digital-cocaine-by-dr-lieb-liebenberg-itsi-ceo>) which deals with the question:

"Are we feeding kids digital cocaine?"

Here the concept of digital media and allowed screen-time is debated. The concept of the "neuromyth" is also explored. A neuromyth is defined on this site as a reading of something that "starts out with a misunderstanding, a misreading and, in some cases, a deliberate warping of the scientifically established facts to make a relevant case for education or for other purposes."

A headline such as *"It's 'digital heroin': How screens turn kids into psychotic junkies?"* would leave any responsible parent or teacher very worried. Headlines such as these, however, are seldom based on scientific theory, nor peer-reviewed research. Often, they are merely anecdotal. Parents and teachers must therefore adopt a balanced approach and accept that there are two sides to this argument. Ultimately, it is the child's well-being that is the most important. Parents must accept that screen-time needs to be managed and that it is not all (as some articles would suggest) bad. Passive screen time, for example, watching television or YouTube requires very little interaction and is probably worse than what is termed active screen time. Active screen time would imply that the screen is used for an activity, for example, completing an online assessment or using your screen to draw a picture.

The content of things viewed and the light in which they are viewed are also important points to consider. Playing a computer game in itself is not wrong, but the content of these games needs to be scrutinized as it might be inappropriate and promote irresponsible behaviour, like violence for example.

The Harvard Family Research Project published in 2014 (www.hfrp.org) asserted that:

- Effective uses of technology and media is active, hands-on, engaging, and empowering for children;
- Carefully monitored screen time experience with quality content can benefit children over age 3, but excessive screen time harms healthy growth and development, regardless of content;
- Young children may benefit from computer use if appropriate software is selected;
- Children can learn through joint media engagement with parents, grandparents, siblings, and peers.

Not everything about technology is bad, and screen-time can be used very effectively. As mentioned in the article "responsible parenting is not about ignoring the fact that we live in the 21st-century and that our children have to be adept at mastering digital tools in order to survive and thrive". As parents and teachers, we need to discuss these neuromyths with teenagers in a constructive way. We need to empower them with critical thinking skills to know the difference between real news and news that is geared to brainwash. In doing so, we will also be able to impress on them the difference between right and wrong and allow them the freedom to make the right choices.

Mr Kevin Watson

ADMISSIONS FOR 2019

Please note that the closing date for the submission of 2019 applications is **Friday 11 May 2018**.

CULTURAL

STEELBAND

The Steelband completed a very successful tour to Cape Town. They performed at the Baxter Theatre, as part of the Cape Town Steelband Festival, and participated in workshops with other school steelbands. Their performance was extremely successful and received a standing ovation. They also had time to see various sights in Cape Town.

Congratulations to all the boys for making this a very successful and enjoyable tour. Many positive comments have been received about their performances and overall presentation. We thank Mr Tshekela for accompanying the band on the trip and for contributing to its success.

SPORT

CONGRATULATIONS

Graeme College congratulates the following learners on their performances in Cricket and Tennis.

Cricket

Honours: Mark Amm

Colours: Liam Agnew, Jeremy Beyleveld, Romario Fritz (*Re-award*), Christopher Gleaves (*Re-award*), Siphesihle Madlongolwana, Bavuyise Manyakanyaka, Sihle Mginywa

Half Colours: Garwin Dampies, Lukhanya Sam, Riaan Labuschagne

Tennis

Honours: Mark Amm, Christopher Gleaves

Colours: Jonathan Maasdorp

Half Colours: Garwin Dampies, Riaan Labuschagne, Tristan Pullen, Aaron Richardson

Mark Amm has been awarded Honours for both cricket and tennis. The previous sportsman to receive double Honours was Kelly Smuts (2008), also for cricket and tennis.

HOCKEY

Results: vs Bishops Diocesan School

GC U15A vs BDS U14A lost 1 – 6

Results: Wednesday 18 April vs Cambridge High School

GC U15A vs CHS U14B won 5 – 3

GC 2nd XI vs CHS U16B lost 0 – 5

Results: Kingswood Hockey Festival (1st XI only)

Graeme College vs Hudson Park drew 1 – 1

Graeme College vs Reddam House won 6 – 0

Graeme College vs Cambridge HS lost 0 – 3

Graeme College vs Port Rex won 3 – 0

Graeme College vs York HS lost 0 – 3

Graeme College vs St Dominic's won 1 – 0

SENIOR RUGBY

Results: Saturday 21 April vs Cambridge High School

GC U14A vs CHS U14A won 29 – 14

GC U14B vs CHS U14B lost 24 – 27

GC U15A vs CHS U15A won 28 – 17

GC U15B vs CHS U15B won 22 – 14

GC U15C vs CHS U15C lost 11 – 29

GC U16A vs CHS U16A won 36 – 12

GC U16B vs CHS U16B won 25 – 5

GC 3rd XV vs CHS 3rd XV lost 5 – 18

GC 4th XV vs CHS 4th XV won 27 – 24

GC 1st XV vs CHS 1st XV won 37 – 24

GC 2nd XV vs CHS 2nd XV won 33 – 14

Fixtures: Grey High School Festival

SATURDAY 28 APRIL

Time	Match	Field
08h00	GC 1 st XV vs Marlow	Philip
10h20	GC U14A vs Daniel Pienaar	Crusaders
11h40	GC U15A vs Daniel Pienaar	Crusaders
12h50	GC U16A vs Daniel Pienaar	St George's

MONDAY 30 APRIL

Time	Match	Field
09h10	GC 1 st XV vs St Albans	Philip
09h10	GC U16A vs Parktown	St George's
10h20	GC U14A vs Parktown	Crusaders
11h30	GC U16A vs Parktown	Crusaders

SQUASH

Squash Results: Winter League

GC3 vs WYV4 lost 1 – 15 GCJ1 vs KC5 won 13 – 5

Eastern Province Trials (Second Round): Sunday 13 May

Good luck to the following squash players who have been invited to participate in the second round of the Eastern Province Squash trials on Sunday 13 May:

Ryno Benn (U11); Ethan Beyleveld, Tyenu-Josh Cannon, Saad Hayat and Caydon Oosthuizen (U13), Yonela Sandi (U14); Garwin Dampies, Ethan Kent, Dale Pote and Ethan Richardson (U16); Liam Agnew, Kieran Emmanuel and Asakhe Stenge (U19)

SENIOR TENNIS

Results: Monday 23 April vs Port Alfred High

The GC 2nd team won this fixture by 22 games.

Results: Tuesday 24 April vs Rhodes University

Well done to Mark Amm and Christopher Gleaves for winning their fixture against the Rhodes University's 1st ranked couple and thereby continuing their winning streak. These two players have partnered each other since U11 and they have never lost a couples' match in their tennis career as partners. The 2nd ranked couple (Jonathan Maasdorp and Aaron Richardson), also won their couples' match while the other players participated in mixed doubles' matches.

JUNIOR TENNIS

Results: Wednesday 25 April vs Kingswood Junior

Well done to the U11A team who won all their matches in the "Nite League Tie-breaker" against Kingswood Junior.

Practices: Tuesday 3 May

There will be normal practices on Thursday 3 May.

GENERAL

SECOND-HAND CLOTHING SHOP

The Second-hand Clothing Shop is open on the following days and times (except Public and School Holidays):

Monday: 13h00 – 14h00

Wednesday: 13h00 – 14h00

All enquiries with regards to the Shop will be dealt with by Mrs Siebritz (046-622 7227).

MYSCHOOL MYVILLAGE MYPLANET

We wish to encourage more parents to join the MySchool programme. In the past parents have had to fetch and complete and return a form to enable them to get their blue MySchool cards, but it has just become so much easier! Parents, and grandparents, aunts and uncles may now download the MySchool app on their smartphones to join. Just remember to use your card at the local partners – Foto First, Wallace Pharmacy, Engen, Café Delizzia and, of course, Woolworths. Did you remember that Loot is a national partner, as is Flight Centre (it's never too early to book for your winter holiday away).

Yours sincerely

**K M WATSON
HEADMASTER**