

Counsellor's Corner



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The Journey Continues

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Where do we go from here?

Have you ever heard the saying life is a never ending journey? I know it sounds cliché but it is true. Our journey of the 2017-2018 academic year has come to an end but a new journey begins. Some of you maybe transitioning to a new school, a new grade, or even a new country; we wish you all the best on your new journey. All journeys have obstacles, potholes and even road blocks but you were determined and showed perseverance to the end. I would like to say thank you for making this journey memorable; I enjoyed working with you and your children this year.

Let the countdown begin!

How are you planning to journey through the summer with your children? Summer camp, cross-island vacation weekends, travelling abroad, movies nights or just simple rest and relaxation-don't forget to include the children and keep hydrated.

Upcoming Events

June 14 End of Year Exams begin
June 20th-21st Grade 4 Numeracy and Literacy Exam
June 22nd Kindergarten prize giving @ 11:30 a.m.
June 25th Grade 1 prize giving @ 1 :00 p.m.
June 27th Grade 6 School leaving exercise @ 6:00 p.m.
June 28th Grades 2-5 prize giving @ 8:30 a.m.
June 29th Class parties early dismissal for summer
July 2nd Summer School begins

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Internet and social media safety

Summer holidays might mean more screen time. Please ensure you are monitoring the internet usage and exposure your child might explore throughout the summer. Here are a few pointers to play it safe.

1. There is an age limit with social media, ensure that you are aware of this.
2. Always check the privacy settings on any social media account your child might have; your personal information and safety might be at risk.
3. Use filtering software to help you monitor internet usage. Net Nanny, Puresight PC and My Mobile Watchdog are a few.
4. Implement ground rules for using electronic devices; set a time limit especially for summer time, always keep September in mind.
5. Take the time to learn your child's online habits, websites, games and movies/shows frequently visited. Get to know their technology.
6. Computers and other electronic devices should be used in a central location in the house. This provides additional supervision and reduces inappropriate usage.
7. Teach your children to avoid questionnaires, contests and free giveaways; personal information maybe at risk.
8. If your child is of age and has a social media account monitor the pictures and comments posted. In today's world we have to be concerned of our online reputation. Consider the future!
9. Remember to be a good role model of how some of the devices are used. Texting and driving is a no no.
10. Discuss the dangers of cyberspace with your children.

Tag! You're it! Enjoy the summer break with your children.

"Don't let yesterday take up too much of today"
-Will Rogers.

References:

<https://www.parenting.com/gallery/social-media-monitoring-kids?page=7>