

October 18, 2019



QSI

INTERNATIONAL
SCHOOL OF

PÁPA

HUNGARY

Pápa's Got Talent

coming
soon

QSI PAPA TALENT SHOW 2019

Talent Show!

NOVEMBER 14
2:30 PM
QSI CONCERT HALL
SIGN UP WITH
MISS CALLAHAN



Upcoming Events

Oct 22	Readers' Cafe
Oct 23	Holiday (no school)
Oct 25	Ind Endeavor Assembly
Oct 28-Nov 1	Fall Break (no school)
Nov 4	Cub Scouts (16:00-17:30)
Nov 5	PSG Meeting
Nov 6	MSA Obj Team Meeting
Nov 8	QSIB Counselor Visit
Nov 8	Sec (12+) game night
Nov 11	AISB College Fair
Nov 14	Talent Show

Lunch October 21-25

- 21: Baked pork with bacon, spicy potato
- 22: Chicken rissole with rice and corn
- 23: Spaghetti Bolognese
- 24: Chicken nuggets with fries and salad
- 25: Pizza Margherita



CIS International University Fair Budapest

Meet college and university representatives from all over the world at this **free** event.

Monday
11 November 2019
10:00 – 12:00

American International
School of Budapest
2094 Nagykovácsi
Nagykovácsi ut 12
Budapest, Hungary



cois.org/Budapest

Register and see the list of universities attending

UNIVERSITY FAIR

The American International School of Budapest (AISB) will be hosting the CIS University fair this year and we are invited!

The event is on Monday, November 11. We will be taking all secondary students who are interested.

CIS asks students to sign up in advance using StriveScan. StriveScan has already set up student registrations and live dashboards. Students can register using this link: www.cois.org/Budapest

Also, the college counselor from QSI Bratislava will visit Friday, November 8, for both a parent and student question/answer session. More information to follow . . .

The Reader's Cafe

Read with Us

Tuesday, October 22 is Readers' Café during 8th period (14:45-15:30). No activities. Parents are invited to their children's classrooms to read and share snacks and hot chocolate provided by the PSG. Any donations made in the café will go towards books at a community children's home. Parents with more than one child may move freely between classrooms.

WHEN YOU REALIZE THAT YOU HAVE SPENT TOO MUCH TIME ON YOUR SCREEN, WHAT GIVES YOU THE POWER TO STOP?

Let's all pick one of the ideas below to try with our screenagers. But first, try to measure how much time you spend on the screen now. Then, compare that to the amount you spend when you try one of the hacks.

- **Use tech to manage tech.** Use the web extension called SelfControl. It is helpful for staying on task as it completely blocks any site you want (i.e. Facebook) for an allotted time you set. This is quite helpful for reducing temptation.
- **Unfollow things that are a time sink for you.** Stop following "satisfying videos" sites also known as "oddly satisfying videos." Soap cutting, baking, playing with slime, egg-shell crushing, paint mixing, etc. fall into this category.
- **Make yourselves accountable.** You may do this by telling a friend or a parent or posting on social media about a new goal for the week – then promise yourselves you will report back how you fared that week in attaining the goal.
- **Turn off notifications.** Turn off post notifications on Instagram or Snapchat.
- **Decide not to get social media in the first place.** The other day I was talking with teens about Snapchat vs. Instagram and a 9th-grade girl told me she did not have either. I asked her why and she said, "I don't want that time sink." She added that it was not a parent's decision but truly her own. Another teen girl told me she is not going to download Tik Tok for she is sure it will be "too much of a time suck."
- **Put your own limits on your phones.** Teens often tell me that with setups like "ScreenTime" on their phone, they only use social media for 1 or 2 hours a day — and they are happy to have that hard-set limit.
- **Remove games from their tablet or phone.** This simple action reduces temptation.
- **Replace "online" with "in-life."** In Screenagers NEXT CHAPTER we hear from a sweet middle schooler who talks about playing a lot of video games in 8th grade and one day he stopped and asked himself, "Am I really enjoying this, am I happy?" which prompted him to call a friend and go out and skateboard which he now does a lot more and it makes him really happy.