

November 8, 2019



QSI INTERNATIONAL SCHOOL OF **PÁPA**
HUNGARY

Worrisome Data, A New Call To Action

coming soon

I thought it could not be possible, but for teens, ages 13 to 18, screen time has gone up by 42 minutes over the past four years. Teens now spend, on average, 7 hours and 22 minutes per day on screens, not including homework or schoolwork. These numbers came from a recent survey conducted by Common Sense Media.



One of the reasons that 7:22 is so high is that this survey counts the time of doing more than one thing on a screen, as separate screen exposure. This means that if a teen is both watching a show, say *The Office*, for an hour, and at the same time doing social media on their phone for that hour, then it is counted as two hours of screen time. Even given this, 7 hours 22 minutes is a frighteningly high figure. Furthermore, this is just the average, so 29% of teens report being on screens for more than 8 hours a day.

Also, the latest report found a significant rise in time spent watching YouTube videos, which concerns me. Companies are doing a fantastic job of using all our kids' data (and our own) to offer up an endless stream of tempting videos. It is no wonder that by [one report](#), 70% of all videos watched on YouTube are the ones that have been "recommended" — these are the videos that appear in the sidebar when you are watching a video on YouTube.

So, what does this future hold? How much better will companies get at offering us hyper-enticing, highly personalized videos that are endlessly appearing. (I have tried to get to the end of the scroll when I click on my YouTube page, but alas, I cannot figure out how to do this. If you know how, please let me know.)

Another concerning finding in Common Sense Media's survey is that the number of 8-year-olds who have their own smartphones jumped in just four years from 11% to 19%. That is a shockingly high percentage. The report does not specify what the 8-year-olds have access to on their smartphones, or how many of their care providers use blocking tools. Still, I am sure it is not 100%, and I worry about all the exposure to scary and inappropriate content. (continued next page)

Upcoming Events

Nov 11	AISB College Fair
Nov 14	Talent Show
Nov 17	QSI Chime Performance
Nov 20	Teen Talk
Nov 21-22	Prof Dev (no school)
Nov 27	Tarczy Pickup
Nov 29	Concern Assembly

Lunch November 11-15

- 11: Chicken nuggets with fries and salad
- 12: Chicken nuggets with fries and salad
- 13: Penne with 4 cheese sauce
- 14: Breaded fish filet with rice
- 15: Pizza salami



GRATITUDE

Our next assembly will be centered around our Success Orientation **Concern for Others**. Letting others know what you're grateful for is one way to show concern for others.

Gratitude fosters happiness, which enables people to cope with stress and setbacks. People who are grateful are likely to be more hopeful, energetic, empathic and helpful to others. They are also less likely to be depressed, anxious or envious of others. In short, practicing gratitude and holding on to positive emotion leads to greater overall happiness.

One idea: **Start a gratitude jar.**

A gratitude jar is an excellent alternative and can be used throughout the year. It's as simple as it sounds. You need a large clear jar, a stack of sticky notes and a pen. Have each family member write (or draw) something that they are grateful for a few times a week. It can be small things, like a shiny red apple, or big things, like time spent with a grandparent. At the end of the week, read the gratitude slips together as a family and soak up the positive emotions.



Holiday Chimes



*The chime players in the 12 to Secondary 4 music classes and the QSI Singers will each perform three songs at the Norwegian Christmas Market at the CAC/Pápa Support on **Sunday, November 17th at 12:00 pm**. Students should arrive by 11:50 am dressed in festive colors! We look forward to performing at 12 noon. Thank you so much for supporting this great opportunity!*

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CONTINUED - WORRISOME DATA, A NEW CALL TO ACTION

I am troubled by the fact that all these young kids now are building habits for their future. The average 8 to 12-year-old is spending 4 hours and 44 minutes on a screen per day, not including time spent at school for classwork or homework. And now so much of screen time is on a smartphone. The habits of wanting to be on, checking all the time, now start so much younger.

Let's talk with our kids about the findings from the latest survey around the considerable increases in time spent on screens. Here are some questions to get a conversation started:

- How many hours do you think the average teen is on a screen?
- How about the average 8-12-year-old?
- What do you think the biggest thing that 8-18-year-olds are doing in those hours? (Answer: watching TV/videos)
- Do you ever look at the "recommendations" from YouTube?
- To what degree are having such recommendations helpful? Not helpful? Good for society?

