

# The Week Ahead

Lent Term: 2 February 2015

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ELIZABETH  
COLLEGE  
FOUNDED 1563

## Friends of Elizabeth College Spring Ball

There are a few tables still available for the Ball on 7 March 2015. Tickets are priced at £50 and booking forms along with payment should be returned to the College Office.

## Oxbridge Information Evening

The Lower Sixth students who have expressed an interest in applying to Oxford or Cambridge, along with their parents, are invited to attend an information evening on Tuesday 3 February. The presentation will take place in the Manchester Room from 5pm to 6pm. Any parent or student wishing to attend should contact Dr Bargery via email: [abargery@elizabethcollege.gg](mailto:abargery@elizabethcollege.gg).

## Severe Weather Policy

With the possibility of adverse weather in the coming days, please be aware that in the unlikely event of the school closing, parents would be notified via the College Website, Twitter (@Eliz\_Coll), Radio Guernsey and Island FM. For those so inclined, the full details of the policy can be found on the website.

## Screen Time

We would thoroughly recommend that parents spend two minutes to read this article based on an interview with Dr Aric Sigman, a leading child psychologist (<http://www.bbc.co.uk/news/education-19870199>).

In brief he outlines the reasons why the amount of time children spend in front of screens should be curbed to stave off development and health problems. He comments that children of all ages are watching more screen media than ever, and starting earlier. The average 10-year-old has access to five different screens. Some are becoming addicted to them or depressed as a result, he warns.

**British teenagers** are clocking up six hours of screen time a day, but research suggests the negative impacts start after two hours' viewing time.

Dr Sigman cites from a string of published studies suggesting links between prolonged screen time and conditions such as heart disease, stroke and diabetes. He suggests the effects go further than those simply associated with being sedentary for long periods. There are other psychosocial problems associated with excess screen time. These include "Facebook depression". Click on the link above to read the article in full.

## This week's calendar

Sun	1	Week 5
Mon	2	<b>6pm Y11 Parents Evening</b>
Tue	3	am Y11 GCSE Drama workshop, 'Play on Words' <b>5pm Oxbridge Information evening</b> <b>7pm Friends' Meeting</b>
Wed	4	
Thu	5	am UKMT Intermediate Maths Challenge (Y9-11) 10.25am St James Assembly (Mr Buchanan)
Fri	6	<b>7pm LOVE exhibition at GHG (see below)</b>
Sat	7	Safer Internet Day (Beau Sejour)
Sun	8	

## Safer Internet Day 7 February

On Saturday 7 February, from 1pm until 4pm in the concourse at Beau Sejour, there will be a variety of speakers on different topics and also experts present to help secure your electronic devices and give advice on how to make your home networks safer. Feel free to bring along your tablets, laptops etc if you wish to have help.

Skill Set will be providing free activities for the kids so parents/carers can be free to listen and talk to the confirmed attendees which include – Southwest grid for learning, Airtel Vodaphone, Sure, JT, The Hub, Guernsey Police, Guernsey library service & Safe and Secure Online.

# LOVE

@gig GateHouse Gallery

## 22 artists

ceramics, embroidery, glass, jewellery, painting, printmaking, mixed-media, sculpture and tapestry

**plus Rebecca's Chocolates & flowers by Blossom and Greene**

buy something lovely for your valentine!

**open for one night only on  
friday 6th february 7.00 - 9.00pm**