



THIKA ROAD CHRISTIAN HIGH SCHOOL

BULLETIN NO. 48
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Kenya Science and Engineering Fair Regional Participants
13th April, 2023

If we don't TEACH OUR CHILDREN to follow CHRIST, the world will teach them NOT to.

Tips for Parenting in the Digital Age By Tony Reinke

The following are excerpts from a 12-page article with well-researched insights. Although the data was collected in the U.S., Kenya is part of an ever-shrinking global community. The complete article is available online, <https://www.desiringgod.org/articles/twelve-tips-for-parenting-in-the-digital-age>

Who is iGen? Kids between the ages of 6 and 23 fall into a generation now getting labelled Post-Millennial or Gen Z or iGen. I want to introduce you to the research on this generation, then process the implications for pastor, leaders and parents: How do we steward teens in the digital age?

iGen is a recent label given to those born between 1995 and 2012. It is 74 million Americans, or 24% of the population (*higher % in Kenya*), and the most diverse generation in American history. It is also the most digitally connected and smartphone-addicted generation. iGen'ers were born after the internet was commercialized in 1995. They have no pre-Internet memories. Each entered (or will enter) adolescence in the age of the smartphone. As parents, we face many challenges in shepherding these teens in the digital age.

Trends Among Teens

Many trends are good, and we should celebrate the turning away from foolish behaviour. But these trends offer a portrait of behaviours that mark a generation of delayed adulthood and prolonged adolescence.

Five Marks of iGen

Along with this delayed adulthood and prolonged adolescence, the iGen is marked by a few other things.

1. They are smartphone natives.

According to one study, the average age for children getting their first smartphone in the U.S. is now 10.3 years old. Many of these phones are hand-me-downs from mum or dad, but between 12- to 17-year-olds, nearly 80% identify as smartphone users.

2. They are always online.

iGen'ers are spending less time working jobs, volunteering, engaged in student activities and doing homework. The result: they're spending massive amounts of time at home and online. They're virtually never offline – driven to their devices by social promise, by friendships and by relationships.

3. They are secularizing.

Among iGen, about 1 in 4 do not attend religious services or practice any form of private spirituality.

4. They perceive one another through fractured bits.

Teens are good at taking little fractured fragments of social media - discrete images, texts, tweets - and fitting those bits into a better understanding of one another... Though separated, through screens they connect through this ambient awareness. They learn about one another digitally, in fragments.

5. They are woke (*awakened*).

iGen'ers, who grew up during The Great Recession, are more pessimistic, re sensitive to social tension and more compelled to protect anyone they believe to be vulnerable.

What Challenges Does iGen Face?

By far the most concerning takeaway from research is the spike in teen depression...reflected in suicide rates. "It's not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones."

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TRCHS HIGHLIGHTS

Term 1 Mid-term Exams: TOP TEN

Form 1: Zanna Ngotho, Yvonne Wambui, Allan Njoroge, Simone Waiharo, Mishel Onyango, John Ndua, Ariana Mugweru, Machira Kariuki, Melissa Nambuye, Isaac Kioge.

Most Improved: Cynthia Kagusha, +1.40

Position 1: C.R.E. 10.49 B+, Position 2: English 9.96 B+, Position 3: History 9.53 B+

Form 2: Paul Amani, Tasha Milan, Victor Kibuchi, Katelyn Waithera, Chelsea Nganga, Precious Wangui, Esther Kaboo, Aneecka Wanjiru, Yahya Hassan, Mike Malombe.

Most Improved: Tamara Bobo + 9.20

Position 1: Geography 10.43 B+, History 9.76 B+; Position 2 Position 3: C.R.E. 8.13 B-

Form 3: Sarah Ndanu, Wesley Owino, Eunice Wanjiku, Esther Waeni, Marianna Kariuki, Michelle Moraa, Schroeder Kamau, Travis Gweth, Cindy Nasimiyu, Joshua Muuo.

Most Improved: Travis Gweth, +6.20

Position 1: Music 10.20 B+; C.R.E. 9.95 B+; English 8.77 B

Form 4: Austine Murima, Angel Adhiambo, Vickie Azabe, Jake Murigi, Amy Gathoni, Wycliffe Baraka, Ryan Omondi, Tiffany Wangare, Njeru Karwega, Esther Muthoni.

Position 1: C.R.E. 9.37 B, Position 2: History 8.91 B, Position 3: English 8.46 B-

The end-of-Term 1 exams were completed on closing day, Thursday, 20th April. The results will be available when the teachers complete the marking.



Zeraki Analytics is an online system for sharing exam results with parents. All parents who are in class Whatsapp groups can login for detailed information, e.g. student's position per subject.

In addition there is free access to Zeraki Learning tutorials for all subjects;

Download android app from Google Playstore; Website, www.analytics.zeraki.co.ke

Kenya Science and Engineering Fair

The Regional Science Fair was held at Moi Girls, Nairobi from 11th to 13th April. Ten out of our 12 teams qualified after the Nairobi North competition. Students from Nairobi, Kajjado and Machakos competed to qualify for the next round. Tiffany Wangare (Form 4T) and Esther Kamau (Form 4R) were invited to the 2023 national competition to be held at Kisumu Girls High School from 22nd to 25th April, to present their "Pee-kology" proposal, research and data.

A soil scientist contacted through ICIPE wrote, This is quite interesting and I highly applaud the two students and the Thika Road Christian High School team! This is how knowledge is heightened and technologies improved in the research world!

We have not done any research work on rabbit urine at our organization but we are aware of its usefulness mostly as a bio-pesticide and bio-fertilizer.

Church and School Parking Changes from Monday, 8th May

In order to improve safety within the compound, some new guidelines will be enforced from Term 2. Everyone's cooperation will be appreciated.

1. Cars and vehicles transporting students must have a school sticker on the windscreen. If not, the drivers will be required to park near the church and apply for one.
2. During office hours from 8:00 AM, parents and visitors (both drivers and pedestrians) entering the gate will be issued a badge in exchange with their national ID. They will be directed to the office for a pass to the designated person.
3. The badge and pass must be returned at the gate to collect the ID.
4. Parking around the church will be restricted to TRCS staff members and visitors to the church.
5. Uber vehicles must park at the gate until the student is located and the instructions are confirmed by the class teacher. After 5 PM, there will be a record book of the students remaining kept at the gate. Parents will be called to confirm the collection arrangements.
6. Due to emerging issues, parking will be limited to short-term student drop-offs, appointments with teachers, enquiries, fee payments or visitors seeking admission information. No parents' vehicles or out-sourced van-service providers will be allowed to park all day.

CALENDAR

Term 1, 2023

| | | |
|-----------|---------|---|
| Fri – Mon | 21-24/4 | Scouts Competition Training, Kamiti High School - CANCELLED |
| Sat-Wed | 22-27/4 | Kenya Science & Engineering Fair, National Competition, Kisumu |
| Mon-Wed | 24-26/4 | 4 th Annual Form 4 Trip to Naivasha, Elsamere Centre - POSTPONED |
| Mon-Tue | 1-2/5 | President's Award (PA-K) Adventurous Journey, Bronze Level |
| Mon-Wed | 1-3/5 | President's Award (PA-K) Adventurous Journey, Silver Level |

Term 2, 2023

| | | |
|----------|---------|---|
| Monday | 8/5 | Term 2 Opening Day, Transportation provided both ways |
| Thursday | 1/6 | MADARAKA DAY, PUBLIC HOLIDAY, NO SCHOOL |
| Friday | 2/6 | Application forms for January, 2024 for current and former parents |
| Friday | 16/6 | Application forms for January, 2024 for new parents |
| Thu-Fri | 29-30/6 | Half-Term Break, NO SCHOOL |
| Monday | 3/7 | Selection for Headstart Admissions |
| | | Interviews are required for Primary, Jr. High and High School places. |
| Friday | 11/8 | Term 2 Closing Day |

Term 3, 2023

| | | |
|---------|------------|---------------------------|
| Monday | 28/8 | Term 3 Opening Day |
| Tuesday | 10/10 | PUBLIC HOLIDAY, NO SCHOOL |
| Friday | 20/10 | PUBLIC HOLIDAY, NO SCHOOL |
| Friday | 3/11 | Term 3 Closing Day |
| Mon-Thu | 6-9/1 | KCPE 2023, NO SCHOOL |
| Friday | 10/11-1/12 | KCSE 2023 |

2023 SCHOOL FEES

Term 2 school fees are due by Friday, 5th May, to ensure a smooth opening.

Terms 1, 2 and 3 @ sh. 60,000; total 3 x sh. 60,000 = sh. 180,000

Transportation – sh. 12,000 both ways; sh. 6,000 return only

SCB, Acct. #0102810663500; Absa, Acct. #2037873767;

Family Bank Acct. #017000026428

Bankers cheques: Payee **Thika Road Christian School**

Nairobi Secondary Schools Swimming Competition



Aga Khan High School

Form 2T Renee Otieno, Backstroke

The Nairobi Region Secondary Schools Sports Association (NRSSSA) invited our school to attend the annual Nairobi Region Secondary Schools swimming championships on Wednesday April 5th 2023 at Aga Khan High School. The competition was used to select a team that will represent Nairobi Region during the National games to be held in Eldoret from 23rd to 30th April 2023. This will be followed by Federation of East African Secondary Schools (FEASSA) Games to be held in Rwanda in August this year.

TRCHS was represented by Form 2T: Alex Nyabuto, David Njoroge, Renee Otieno, Victor Wanyoike; Form 2R: Christine Waweru, Esther Murigi, Joy Kihara; Form 3T: Ella Wangare, Joshua Musyimi; Form 3R: Nissi Gatere; Form 4T: Margaret Muriuki, Ryan Wamira, Sharon Ngendo; Form 4R: Charlize Bett, Collins Waweru, Zachary Kariuki. The competition was an eye-opener and a learning experience for the team that participated. Champions train, work and are coached at another level.

Who is iGen? They have ambient awareness. They appear confident online. They are never offline. Technology conveniently buffers and brokers their relationships. And technology feeds their loneliness and the toxic comparison that hollows meaning from their lives. Parents know most of this. They saw these problems long before.

Tips for iGen Parents

Delay social media as long as possible.

Social media is where teens look for life, and it's what costs them their lives.

We must help them see the paradox.

Delay smartphones as long as possible.

Inside the home, take control of the wifi.

Outside the home, connect without smartphones.

Stairstep technology over the years.

Once you give them a smartphone, you move from having strong parental control to virtually none.

As a blanket rule, for all ages and all devices: Keep screens out of bedrooms.

Make sure all devices are charged overnight in one place.

Write a smartphone contract (agreement).

Watch how each child responds to the digital age.

Each child responds differently.

Re-centre parenting on the affections.

Smartphones do not invent new sins; they simply amplify every existing temptation of life.

Old temptations are given new levels of attraction and addiction and accessibility.

Parenting has always been a war for our kids' affections, but the digital age exposes our parent laziness.

If our lives cannot find their highest satisfaction in Christ, they are going to look for it in something else.

Take up digital discipleship.

Discipling teens in the digital age requires all of Scripture planted and cultivated in all of the heart.

Once we as parents self-criticize our own smartphone abuse, then we can turn and help our kids, too.

As a family, redeem dinners, car rides and vacations.

Keep building the church.

When no one needs you, we see catastrophic spikes in social loneliness. Into this age of increasing isolation and loneliness, social media ... becomes a painkiller – promising to solve our loneliness problem. The greatest need of our teens today is not new restrictions and new dumb phones and contracts and limits. Their greatest need is a community of faith where they can thrive in Christ, serve and be served. They need to find a necessary place as a legitimate part of a healthy church. Keep building faithful families and churches. Listen to teens. Don't mock them. Don't laugh at them. Envision them for risk-taking mission – online and offline.

***“For the turning away
of the simple will slay them, and the complacency of fools will destroy them.”
(Proverbs 1:32, NKJV)***

The Season of Grace

God will never ask you to do something without giving you the ability to do it. But when we're passive or complacent and think, “Yes, I know I need to do that. Maybe next week,” well, next week turns into next month. Next month turns into next year. When we put off what God has told us to do, we miss that season of grace. But if you'll deal with things as soon as God brings them to light, you'll have a special grace, a special empowerment. You'll experience God's enabling power helping you to do it.

Today, is there something you've been putting off? Something you know in your heart that you are supposed to do? Do you have any unconfessed sin in your heart? Don't let the season of grace pass. Don't let complacency destroy you. Your destiny stands before you. God has something amazing in your future. Be bold; be strong. Step out in faith, be obedient and walk in the abundant rain of His blessing!

A Prayer For Today

Father, thank You for the grace to do exactly what You've called me to do. I choose to step out in faith; I choose to follow Your commands. I choose to be faithful because I know that You are faithful. I love You and bless You always in Jesus' name. Amen.

Shared by Mr. Kamau Mburu, F4R CRE Teacher