

Equipping Kids to Live Well with Social Media

By Becky Sedgwick from Parenting for Faith



How do we help our children engage with social media in a positive way? Becky offers some suggestions for helping them navigate this tricky world well, growing confidence and purpose along the way. As a definite 'digital visitor', recent headlines have racked up my anxiety levels around the influence of social media on our children and teens.

Just a few months ago, the BBC described the tragic death of a young teenager as 'a social media murder', started by an online dispute, fuelled by and planned on social media. Professionals cite that social media affects young people's mental health, sometimes to disturbing levels. Regardless of whether a child has access to social media themselves, the extraordinarily high levels of social media usage amongst children and young people means that they may well be seeing it on someone else's account or exposed to the current themes and trends in the playground. For example, Ofcom's Children's Media Use and Attitudes Report 2022 suggests that 33% of 5-7 year olds in the UK had a social media profile in 2021. Add to this flamboyant headlines such as Squid Game social media craze warning after kids taken to Birmingham Children's Hospital with burns and it is clear to see why many parents are confused, anxious or even fearful about their children's social media habits.

It's not all doom and gloom

There are many benefits to our children engaging with social media and now there are practical steps we can take to help us parent well around it. There are websites and books that can educate you about social media in all its forms as well as give great practical advice on how to navigate all this with your children, and equip them to make good decisions about how they engage with it. Some that have been recommended are listed in the complete article. <https://www.parentingforfaith.brf.org.uk/post/equipping-kids-to-live-well-with-social-media/>

Three things God brings to the conversation

But is there anything extra God might bring to this conversation? What about if we started by recognising that our core foundation as Christians is God's love – his unconditional love for us and his desire that we share his love with others? How might this help us all negotiate the tricky world of social media well?

We'd like to suggest there are three things about God's love that are helpful.

God's love for us

We all, our children and teens included, need to know that God's love for us is unconditional, never-ending and so so generous. We are made in his image and have intrinsic value and worth simply because we are his children and he loves us. So when we engage with social media, he wants us to do it in a way that is good for us. Some ideas for you to explore:

- Frame your own use of social media, why you post what you do, how you decide which platforms to interact with and why, what prompted you to take a social media fast ... where is God in this? How has he guided you? Discover more about framing in our 'Making sense of life' session of the course.
- Ask questions and start conversations – why do you think people follow social media crazes? Wow, what great fruit came from that social media campaign! Hmmm, I'm not sure I'd like a picture of me like that to be posted online. What do you think? OK, this app has a 13 age restriction on it. Why do you think that is?
- Equip your children to think critically about what they see, read or hear. Is it something God would want me to see / hear / feel / do? Does this fit with what a loving parent would want for me? Is this good for me?
- Philippians 4:8 can be really helpful as a standard to hold things up to as we help work out whether to engage with something or not: Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

God's love for others

Inseparable from God's love for us is his desire that **we partner with him in sharing his love with others**. Understanding this can help us think well about how we use and interact with social media. It may also mean that sometimes we choose to stand out from the crowd, which may be difficult or costly.

Some ideas for you to explore

- Consider what loving our neighbour as we love ourselves looks like on social media. Does what we do share God's love? If I post a comment, will it build someone up or knock them down? Am I careful with what I 'like' or share?
- Could you, as individuals or as a family, create ways to deliberately share God's love via social media? For example, by supporting a campaign, by setting out to encourage others, by raising issues, by sharing posts that build up people or share God's love and good news.
- Equip your children and teens to be prepared to stand out in a tricky online world – where we are 'in the world but not of it' just as much as in our physical world. Share stories from the Bible and of Christians who have lived in a 'strange land': Joseph in Potiphar's house, Daniel in a Babylon, Paul and his struggles with the Corinthians, Corrie Ten Boom, Danielle Strickland, Jackie Pullinger, for example. Wonder together what it was like for them, even though they knew God was with them. Was it easy standing out from the crowd? What helped them?
- God's love as a safe refuge
- God's love for us, his belief in us, his acceptance of us, is a safe refuge when the world becomes hard. For our children and teens, sometimes exposed to cruel comments online or haunted by comparison, God's love is the place they can be reminded about who they really are – beloved and valued children of the King – and find the strength to face their bullies or their own fears and insecurities.
- Some ideas for you to explore:
- Help your children know how to find refuge in God when the world seems against them: share stories and passages from the Bible such as Elijah retreating into depression and meeting God in the quietness (1 Kings 19); Psalm 22; the story of Mordecai and the Jewish nation in the book of Esther; Psalm 37:1-7; Psalm 69; Jeremiah's complaint after being put in the stocks (Jeremiah 20:1-13); Jesus at his trial and crucifixion.
- Share stories about your own experiences of being embarrassed or humiliated. How did you feel? What did you do? What was God doing? What helped you get through it?
- Help your child connect with God if they are struggling to chat to him themselves about what's upset them – there are ideas about how to do this in the 'Prayer Ministry' session of the Parenting for Faith course.

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From The Director

At the beginning of this year, the school board appointed a sub-committee to review transportation, parking and security matters. After several inspections, a comprehensive report was presented together with recommendations. Some suggestions have been completed, others require planning and prioritizing before implementation.

Our TRCS Mission Statement begins,

To provide a safe and conducive environment for holistic learning. In addition, in the third verse of our school anthem we sing, *Courage and respect are a must, Thika Road Christian School in God we trust.* Both of these were tested during the public demonstration dates that began on Monday, 20th March. In consultation, it was shared through Whatsapp class groups that school would be in session as normal. However, parents have the freedom to plan for their children without penalty for being absent.

It was considered safe for students to be transported in the morning around the Kasarani area. Also, the school compound is protected with access by one entrance with security personnel. However, some families, who live in the Northlands and the Eastlands areas, experienced uncertainty and even road blocks along their routes. It was sad that children were affected by the possibility of violence.

We thank God that He heard our prayers and provided a truce between the demonstrators and the government. We are encouraged by the verses in Psalm 121:5, 7-8 (NIV).

Lord, You watch over me.

You will keep me from all harm.

You will watch over my life;

You will watch over my coming and going

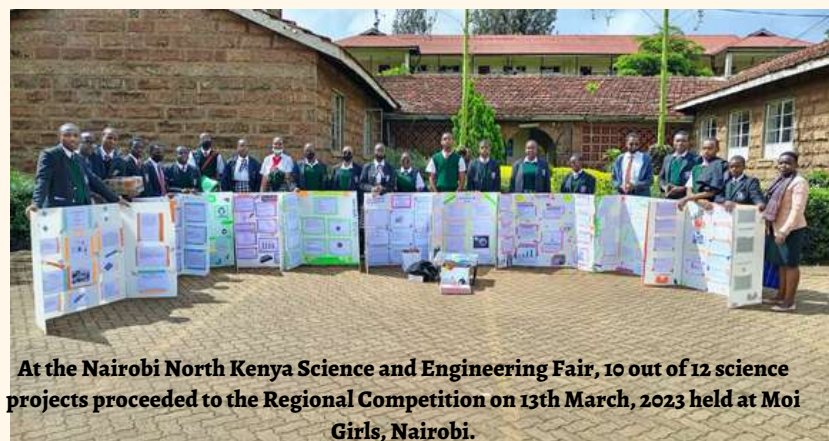
both now and forevermore.

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.

TRCHS HIGHLIGHTS & 4TH ANNUAL GRADUATION



At the Nairobi North Kenya Science and Engineering Fair, 10 out of 12 science projects proceeded to the Regional Competition on 13th March, 2023 held at Moi Girls, Nairobi.



Tiffany Wangare, Form 4T and Esther Muthoni, Form 4R (TRCS KCPE Class of 2019) qualified to proceed to the national competition with their project "Peekology."

TERM 1 HIGHLIGHTS

Scenes from Pre-Primary Sports Day, 31st March 2023



HST Girls Collecting Balls



PP1C Boys Picking Balls



PP1S Girls Balancing Bean Bag



PP2T Girls in Mum's Dress



PP2R Girls Sack Race



PP2R Boys Bursting Balloons



KASARANI CLUSTER CHESS TOURNAMENT 2023

We thank God that Thika Road Christian School Emerged 2nd overall and several podium finishers.

SCHOOL CALENDAR

Tue - Thu	25-27/4	Standard 8 Mt. Kenya Trip
Tue - Thu	2-4/5	Standard 8 Mt. Kenya Trip
Monday	8/5	Term 2, Opening Day. Transport will be provided both ways.
Thursday	01/6	Madaraka Day, PUBLIC HOLIDAY, NO SCHOOL
Friday	2/6	2024 Application Forms, parents/alumni
Friday	16/6	2024 Application Form, new parents

To be confirmed Class trips will be spread throughout the term.

Thu - Fri	29-30/6	Half-Term Break
Monday	3/7	Selection for 2024 Headstart, PP1, PP2 admission
Friday	7/7	Admission Fee, sh. 1000 deadline for 2024
Mon - Fri	10-14/7	Spirit Week, Annual Newspaper Collection
Friday	21/7	Primary Sports Day, Parents Welcome
To be confirmed		Grade 3 Authentic Task, set by KNEC
To be confirmed		Grade 6 Practicals, set by KNEC

Mon - Fri	31/7 - 4/8	End-of-Term 2 Exams
Thursday	10/8	Term 2, Closing Day
Friday	11/8	Open Day, Teachers and Parents
Monday	28/8	Term 3, Opening Day

2023 FEE STRUCTURE

Admission Fee	sh. 1,000/= paid on admission
Development Fund	sh. 10,000/= once per family
Bus Fund	sh. 10,000/= once per family

The School Board of Management has set the fees for 2023 from 4 terms per year back to 3 terms per year.

Due by Friday, 5th May, to ensure a smooth opening.

Headstart	@ sh. 15,000
PP1/PP2	@ sh. 18,000
Lower Primary Grades 1 - 3	@ sh. 35,000
Upper Primary Grades 4 - 6	@ sh. 40,000
Jr. High School Grades 7 - 9	@ sh. 45,000

Includes textbooks, Exercise Books, A Beka books. Swimming, Computer Lessons, Lunch and French.

TRANSPORTATION:

Round Trip	@ sh. 12,000
Return Only	@ sh. 6,000

For fee deposits use the following accounts:

Standard Chartered:	0102810663500
Absa Bank:	2037873767
Family Bank	Paybill 222111 Account 017000026428
Mpesa Paybill:	809700. Account no. is the admission no. written on every receipt

School Uniforms are sold in the office.

CONGRATULATIONS STD 8 S.S.T QUIZ

On 22nd March, Thika Road Christian School was placed position 3 out of 6 schools in Central Zone and position 20 out of 68 overall.

Our team members were:

Grade 8T		Out of 64 marks
Esther Immaculate	-	56
Nderitu Waititu	-	50
Grade 8R		
Jaymin Njuguna	-	54
Debrah Wainaina	-	54
Grade 8C		
Charlene Wanjau	-	56
Tabitha Olluru	-	52

Trainer: Mr. Ngugi

Kasarani Cluster Swimming Gala 25 MARCH 2023



**TRCS WAS PLACED POSITION
7 OUT OF 33 OVERALL**



DON'T MISS OUT!



2024 ADMISSIONS

Applications for new parents will be available from 16th – 30th June. Selection for the following classes will be done on Monday, 3rd July.

Headstart (3 yrs) After 15th June, the remaining places will be taken by new parents from 16th. (Total = 120 places)

PP1 (4 yrs) waiting list only, priority given to siblings if there are transfers.

PP2 (5yrs) waiting list only, priority given to siblings if there are transfers.

Grades 1 – 6 waiting list only, priority given to siblings if there are transfers.

Student Recognition



Exceeding Expectations (Grade 1 - 7)

Grade 1 - Gakenia Njagi, Adrian Muema, Chad Dawn, Joel Munywoki, Anna Njuguna, Jason Magu, Trevvy Mwangi, Eden Hawi, Gachuri Kirathe, Precious Kirori, Nigel Bwire, John Wanjahi, Dylan Odhiambo, Andymason Maina, Mich Nyang'or, Ephraim Mwangi, Taji Kagwe, Macharia Muigai, Leo Karanja, Kaarle Kerenhappuch, Ellie Mutua, Ryan Kirimi, Aaron Osindo, Grace Chege, Aiden Oketch, Elsie Kamande, Javniel Mugo, Jayden Muchai, Amanda Lando, Ng'ang'a Muigai,

Grade 2 - Tanya Kenya, Ian Samuel, Sarah Amanda, Angel Thiori, Sifa Imani, Amara Wangui, Keren Happuch, Chelsea Odhiambo, Kester Gachuhi, Keren Mitch, Sadiki Wendo, Princess Waweru, Janelle Mburia, Grace Kabura, Justina Wangui, Naomi Mueni, Dylan Muthomi, Yemi Mwoga

Grade 3 - Ethan Irungu, Kelsie Chema, Marlyn Ommutsa, Kenna Muriuki,

Grade 4 - Tracy Neema

Grade 5 - Francis Kamau

Grade 7 - Ryan Mageria, Ezra Mutinda, Tabitha Oluoch, Jaden Otieno, Hope Kariuki, Esther Wamai

Meets Expectations (Grade 1 - 7)

Grade 1 - Edlyne Nyaboke, Shannel Kijiru, Jeremy Mwangi, Zoe Muturi, Fiel Musembi, Melanie Kipkurui, Cayden Kongoda, Njihia Njoga, Lai Nzovu, Lisa Maina, Tapelga Mutai, Alice Maina, Taji Waweru, Remy Mogaka, Jayden Achoki, Liza Kirega, Rashiana Robert, Declan Richard, Bryan Kirutit, Allitta Kung'u, Imani Mwithiga, Cedric Sifuna, Elsie Wathua, Gian Karanja, Donald Mbogo, Jayson Kamau, Kyle Kimani, Natalie Kariuki, Gabriel Kimani

Grade 2 - Neema Njeri, Nina Hawi, Uri Michael, Amalia Alice, Melisa Wakio, De'asia Amara, Nathan Micheal, Shaun Momanyi, David Daniel, Laimani Thiiri, Elsie Muthoni, Amara Wacera, Muraguri Karanja, Pendo Nyambura, Talia Gacheri, Jelena Kiende, Arleen Ndirangu, Blessing Mutanu, Jeremy Munyua, Solovic

Grade 3 - Zara Wambua, Muriithi, Queenter Kiminza, Austine Korir, Florence Odhiambo, Jayden Mutuma, Wairimu Mwangi, Aliza Kihonge, Ephraim Chege, Terrell Owino, Jerome Kibet

Grade 4 - Elami Jasiri, Melody Imani, Tamara Murugi, Ayden Mwamisi, Destiny Bright, Lexxie Namasti, Nina Pendo, Leticia Mburu, Kimberly Kaile, Kaila Muriuki, Davidpraise Vincent, Kayden Maina, Trevor Karanja, Elsie Mwihaki, Imani Wangari, Brian Kimotho, Linda Wanja, Lemuel Tendai, Jewel Wambugu, Geno Nyang'or, Andrew Ndirangu, Kevin Mburu,

Grade 5 - Benson Gichuki, Eliezer Kijiri, Austin Muema, Melanie Ngaruiya, Jeremy Gitau, Lisa King'ori, Armilla Nzioka, Isabelle Jagwe, Bryson Mbugua, Joy Mwenda, Deborah Maina, Keisha Gitau, Kaguamba Gatu, Bonny Kinyanjui, Jayden Kimanzi, Torrio Mugane, Sala Mwendu, Erica Okoth, Dael Kiama, Sheila Kerubo, Joy Ekwang, Gee Waititu, Chloe Vigil, Elsie Otieno, Peace Imani, Keith Macharia, Maria Mwangeka, Keyshia Wakori,

Grade 6 - Dante Mutui, Shantel Munene, Azariah Wambugu, Gabriella Kennedy, Caisey Ongeti, Abigail Kayeli, Aimee Gathua, Manuella Mukui, Beracah Macharia, Jayden Kyalu, Jesse Mutinda, Marcus Mwenda, Tiffany Mwangi, Runo Kariuki, Daniel James, Tesha Ruguru, Stessy Waithira, Amani Rugo, Fridolin Kemboi, Joy Muigana

Grade 7 - Angel Karani, Skhekinah Anya, Mary Maranga, Godwin Wilson, Zawadi Maina, Christine Wambui, Tachan Kalia, Baraka Wafula, Imani Muigai, Maxine Karanja, Joyce Muasa, Hayden Muchemi, Nicholas Muga, Rosemary Wamuyu, Joshua Irungu, Jannelle Wambui, Kiragu Irungu, Romana Nyaoke, Francis Wahome, Carlson Ngaruiya, George Kimondo, Kelsie Karanja, Michal Mwenda

Honour Roll (Standard 8 - 86% average or above)

Standard 8 - Esther Immaculate, Mercy Muthoni, Caren Nyambura, Chelsea Abigail, Jesse Gicheha

Standard 8A - Joy Kanyi, Angel Nduati, Nerick Mugo, Debra Owino

Standard 8B - Miriam Koigi, Charlene Wambui, Sarah Mwangi

Merit Roll (Standard 8 - 80% average or above)

Standard 8 - Talia Lera, Nderitu Waititu, Imani Mbogo, Dulcie Mutui, Abigail Wainaina

Standard 8A - Debrah Wainaina, Levi Moracha, Jaymin Njuguna, Talia Chege, Annerose Muriithi, Hailey Ndirangu, Jeremy Miring'u, Melisa Muchemi

Standard 8B - Reagan Ngugi, Osteen Gicobi, Tabitha Olluru, Githinji Kabui, Meghan Muthoni, Namayian Bwoga, Amor Busiega, Zawadi Mbugua, Elvin Kamoni