

Dear Parents,

WE did it! SMIS has achieved a 100% result for its first batch of grade 10. Until this year, SMIS has been exploring and fiddling with a lot of its '*firsts*'. Last year saw its *first* official school election codified by the 9th graders. Year 2017-18 witnessed its *first* Investiture and then its *first* valedictory. The memory of our 3 starlets continues to permeate every nerve and sinew of SMIS and we cherish deeply what they've left in our hearts. Their outstanding result is a delightful closure to the last academic year as well as a sanguine ode to the new beginning – the new academic year.

The onset of the new academic year brings us to the 'Main Aur Meri Family – A B.A. to remember', assigned before we parted for our much coveted and long awaited vacation. With bated breath we wait to hear what the parents and children unraveled together. Was it a recipe, a visit to an unusual place or a family game? We want to hear it all! **Do send a mail to your class advisories to ask for a convenient time to come and present your BA with your child.**

Before we close, [What's Melatonin and Why We Should Be Worried](#) is a 3-minute read to inspire us to make a better choice.

Let's set off on a new journey with great anticipation, new aspiration and *lods*a positive and strengthening belief in our children and in the force that rocks the cradle of the universe.

Warm regards
Principal.

What's Melatonin and Why We Should Be Worried.

Do late nights, constant mental chatter, tossing and turning in bed and restless sleep feature among your nighttime woes? Do fresh mornings, and high energy seem like a thing of the past. Even at age of 30 *something* you feel like you're always tired and find your enthusiasm misplaced?

Low immunity, meek reflexes, irritability, poor digestion, mood swings are all signs of poor quality of sleep. As a teacher, I should have known this but not everything that we know is assimilated into behavior. Ironic as it may sound, all the knowledge we acquire is often alone dedicated to the pursuit of stuffing the exam supplementary sheets as much as our hands and the hands of the clock allow.

Pineal gland is an important part in the brain. It regulates the secretion of [Melatonin](#). Melatonin is a sleep-inducing hormone, which helps out body make sense of the '[circadian rhythm](#)'. Its production is influenced by the detection of light and dark by the retina of the eye. For example, the production of melatonin is inhibited when the retina detects light and is stimulated in the absence of light



At dusk, the circadian rhythm gets to work. Habitual exposure to blue light emitted from television, smartphones and tablets, deregulate the natural body clock and reset it to a later hour. *School times and School vans wait for none* and therefore children who are constantly exposed to smart phones are deprived of a restoring and rejuvenating mental spa called 'SLEEP'.

Adolescent years are a delicate stage of a child's life in every way. Parents of the teens who want to understand their adolescent's sleep patterns and its correlation to *melatonin* may want to read more [here](#).

More reasons why a responsible and restricted 'tech diet' is the need of the hour:

Changing lifestyles: The excessive usage of social media has created a void in relationships. Everyone's living in the virtual world. Our expectations from each other have mounted significantly. For example, when someone send a message or posts something on the social media, we expect an immediate reply or response. What does a Facebook 'like' give us? [A Dopamine High!](#)

Moreover, Privacy has become the word of the age. In Indian homes the tradition to live together in large families has been replaced by a false impression of 'independence' to such an extent that even when the whole family is sitting together in one room, each one is busy on their own digital device. Talking to someone busy texting is considered to be an encroachment of one's privacy. Adapting and adjusting to the situation, understanding another person's point of view and nostalgia over a coffee have gone out of fashion. The same patterns are now observable with our children. We try to give the "best of things" to our children- mobiles, tabs, computers so that while they remain occupied with the gadgets, we may find our own time and space. How do we expect children to learn respect, understanding, love and bonding for the family and other such values when we ourselves haven't led by example.

Lack of communication: The most popular mode of communication today is from mobile to mobile- Whatsapp, TV, Facebook or Instagram. The irony is that if in our living room, there's a person sitting next to us, we may not speak to him/her or even notice them, instead, we'd rather be chatting with another person, probably on the other side of the globe. This communication gap has distanced us from our children and our loved ones. The only minimal conversation that we have with them lately is rather need based and formal.

Some other reasons: This excess potential created by the social media has its own side effects - miscommunication, misunderstanding, lack of empathy, physical and mental illnesses such as depression, loneliness are all major causes of family related issues bellowing for the warmth lost. We need to save ourselves and our children from becoming unsocial loners and take strong steps to 'Mould for each other'. Our children are our responsibility to see that they become sensitive, balanced, socially responsible human beings.

By stating the above, we are in no way undermining the excellent ease and facility that technology has empowered us with. However, as excess of anything could be ruinous. Usage of technology too must be moderated.

Take a step into your child's world and look after his/her emotional needs, spend quality time with them, appreciate, encourage, teach him/her to express his/her fears, apprehensions, joys and sorrows freely and appropriately. It's needless to say that our own behaviour has to be exemplary and we need to pull ourselves out of our newly formed habits of engaging in the digital world regardless of how tempting it might be.

Let's build a healthier society.