



ROUNDTABLE

NEWS AND VIEWS FOR AND FROM KNIGHTS

Worried About Screen Time? Don't Let Kids Go It Alone

by Elissa Nadworny for NPR



There are more than 80,000 educational apps in Apple's app store. It seems like a great way to encourage brain development and make your little one the smartest baby genius. But just sticking a tablet in your kid's hands might not be as helpful. Sure, use the app. But it's not a babysitter – you've got to help them use it, too.

Several recent studies have looked at how young children learn from touchscreens. One study, published in *Child Development*, compared how 2- and 3-year-olds learned to build a three-piece puzzle. Some children learned how to assemble the puzzle from a "ghost demonstration" – meaning that, initially, the pieces moved by themselves on the tablet to show how it works. A lot of apps that are intended for young children often have some element of this ghost demonstration: Pieces move on their own or objects will move them.

Other children had a person sitting next to them to move the puzzle pieces on the tablet.

After they watched the demonstration, both groups of children were asked to complete the task on either a touchscreen tablet or a real puzzle that looked identical to the one they saw.

The 2- and 3-year-olds who saw the ghost demonstration had a hard time replicating the task – but did well after they saw the human hand. Researchers concluded that having a human guide – often referred to as having social scaffolding – helped these young children learn.

"Simply having someone show them how to put that puzzle together, rather than the app showing it to them, allowed them to put that puzzle together themselves" explains Rachel Barr, a professor at Georgetown and one of the authors of the study. "But taking away that person – taking away that scaffold – made their performance just look like they had never even seen it before."

Previous research from Barr found that the presence of a parent – more social scaffolding – increased a child's ability to transfer knowledge from the tablet to a real object.

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School AlumKnight Association Formed



The official graphic banner for Mount Carmel School's "Night with the Knights", its annual AlumKnight fundraising banquet. The blue color reflects one of the school's official colors while the balls of light symbolize the light that the school's AlumKnights bring to their communities.

Mount Carmel School takes great pride in its rich legacy of alumni, many of whom have garnered admission into some of the world's colleges and universities and have distinguished themselves as noted leaders in business, government, and the community. Known as "AlumKnights" after the school's mascot, these successful individuals are now giving back to their alma mater with the recently formed Mount Carmel School AlumKnight Association, which is headed by AlumKnight, Charles V. Cepeda.

For Cepeda, it's all about giving back. "I attended here and I want to see it flourish." Recalling how difficult he was at times, he said, "I owe it to all the principals and teachers who were patient with me, especially while I was here for my formative years." He added, "This is where my roots are."

Cepeda's daughter also graduated from Mount Carmel School and now his grandson is a Knight. This motivates him to build a stronger link between AlumKnights and Knights. "We want other AlumKnights to support their alma mater, but we also want them to connect more with current students, whether it be at sporting events, drama shows, or just being on campus." He explained, "It's important that the students today see their past, and that AlumKnights see where the school is today."

True to his word about giving back, Cepeda and the association have begun

planning the association's first signature event, the annual Night with the Knights fundraising banquet, scheduled for Saturday, February 4, at Pacific Islands Club. The Night with the Knights will be the culminating celebration of Catholic Schools Week 2017. The night will feature a music video montage of the school's history, raffle prizes, and entertainment.

The event will also include the announcement of the 2017 AlumKnight of the Year. Formerly known as the Distinguished Graduate Award, qualifications for the prestigious award were expanded to include AlumKnights who spent at least four consecutive years at the school. Past awardees include:

Gregorio Kilili Camacho Sablan, the CNMI's Delegate to the US Congress, 1964 AlumKnight, former Governor Benigno Fitial, 1967 AlumKnight, former Lt. Governor and retired justice Jesus C. Borja, 1967 AlumKnight, the late Governor Eloy Inos, 1968 AlumKnight, Former Representative Felicidad Ogunoro, 1969 AlumKnight, architect and entrepreneur, Efrain F. Camacho, 1969 AlumKnight, school leader, Rita Kazuma-Guerrero 1973 AlumKnight, Merced Marcie M. Tomokane

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Announcements

IFL Middle School Division

The school is forming a middle school team (6th–8th grade) for the Interscholastic Fútbol League (IFL). To sign up, see May Ling Colombo. The season will start January 19th.

In the Future

Sophomore Cookie Gram

Wednesday, January 11

NJHS Mini Carnival

Wednesday, January 11

Junior Hot Lunch

Thursday, January 12

Senior Candy Gram

Friday January 13

Martin Luther King Jr. Day

Monday, January 16 (no classes)

2nd Quarter Report Card Distribution

Wednesday, January 18

ESLR of the Week

#3. Integrate religious themes to reinforce Catholicism and sacramental virtue of life.

AlumKnight Association

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1977 AlumKnight, Attorney, Lucia Blanco-Maratita.
 1978 AlumKnight, former Lt. Governor Diego T. Benavente,
 1979 AlumKnight, Attorney Brien Sers Nicholas
 1984 AlumKnight, medical doctor, Dr. Norma Ada,
 1986 AlumKnight, school leader, Dr. Alfred Ada
 1988 AlumKnight, educator, Dr. Debra Tudela Cabrera
 1990 AlumKnight, educator, Dr. Dora Borja Miura
 1991 AlumKnight, educator, Galvin Deleon Guerrero
 1991 AlumKnight, law professor, Attorney Rose Cuison-Villazor.
 1997 AlumKnight, educator, Elaine Cabrera DelaCruz
 1999 AlumKnight, former Representative, journalist, and community activist, Christina Marie Sablan.

Tickets for the Night with the Knights are \$50.00 each and can be purchased at the school's Business Office or from AlumKnights. For more information, call 234-6184 or email Priscilla Dela Cruz at presdelacruz@gmail.com.



The AlumKnight Association's Program Committee met recently to plan the program for the upcoming "Night with the Knights", the school's annual AlumKnight fundraising banquet. Clockwise from bottom left: Victor Cabrera, Cyji Cepeda, Helene Manning, Priscilla Dela Cruz, and James Benavente.

Screen Time

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I spoke with Barr and Laura Zimmermann, the study's lead author who is now at the University of Delaware, about the takeaways for parents, teachers and app developers.

Should we be surprised that 2- and 3-year-olds learn better from a real person than from a screen?

Rachel Barr: Learning from apps and connecting to the real world is challenging for a really young child. When we watch children play with touchscreens, it seems so intuitive to them. It's very easy for us to forget that they are just like any other tool. And just like any other tool, children are going to need to learn how to learn from them.

The ease with which we use technology makes us forget that this is really a fairly complex tool. If we think about how many hours each of us as adults spend with technology each day, and if you just add that up over at least 10 years, this is thousands of hours that we spent learning how to use this technology. These babies are only 2 years old, so their amount of

experience using the tools is relatively limited. The fact that they don't just learn everything like magic from these tools means that they require someone to help them with this experience.

Is this a plea to have adults interact with the apps their kids are using?

Laura Zimmermann: In an ideal world, we would love for there to be joint media engagement. So: Having a scenario in which a parent or a teacher or a sibling or peer is co-viewing with the child, interacting, teaching and showing new things to each other. This is an optimal way to promote learning and that should not be downplayed at all.

Typically, having another person present during these interactions with touch screens or while viewing television is really beneficial. The parent or teacher can take into consideration what their child knows and build on that – something that's too complex for an app to be able to do. So rather than children interacting with a touch screen on their own, parents can provide support, to then boost their learning or help them transfer what they learned to the real world. They could also connect that information to something else that they have in their home.

Barr: With puzzle-building, [it's] giving the child a little bit of support. That can really help them to process. It's no different than other learning situations. Technology seems to be able to do everything. But for a very young child, it's just a tool just like any other. And they need to learn how to do it and the best person to help them may be a parent or older siblings.

Can you give me a concrete example? What would this look like?

Barr: Let's say there's a show or an app game about a cat and you have a cat living in your house. When that image of the cat is on the screen, the parent can simply say, "Oh that's a cat just like ours." So it's not sort of 24/7 and guiding every single piece of the experience, but it's providing that information at the key point. "Here's the cat. It's like the cat in our real world."

Or, if they're playing a game putting together pieces of a puzzle on an app, then afterward, the parent can say, "Oh let's get out a real puzzle and switch that out." Or if they're building a block tower on an app program, building it with them. And now, "Let's build some real blocks."

So it's just really helping them make those connections that seem obvious to us, but really are more difficult for young children. It doesn't have to be a whole lot, but the trick is to think about apps and the television more like you think about picture books.



Congratulations to our Knights for winning the championship in a well fought game against Whispering Palms in the 2016-2017 IFL U-11 league. Much thanks especially to coaches John D. Masga, Mark Toves, and Catherine Attao-Toves.