



ROUNDTABLE

NEWS AND VIEWS FOR AND FROM KNIGHTS

Renewal at Maturana



Clockwise from left: School faculty, staff, and administrators posted praise notes for each other before a Crucifix at the school's annual Employee Spiritual Retreat held at the Maturana House of Prayer in Navy Hill. School campus minister and school counselor, Via Abueme, leads faculty, staff, and administration in singing at the retreat. Math teacher, Bobby Baldazo, (left), and vice principal Helene Manning, prepare personal presentation at the retreat.

Recently, Mount Carmel School faculty, staff, and administrators participated in a spiritual retreat at the Maturana House of Prayer in Navy Hill. Held every year, the retreat gives the school's employees an opportunity to reflect on their vocation and to cultivate deeper connections with each other and their school.

The retreat was spearheaded by the school's campus minister and counselor, Vir Abueme, along with fellow counselor, Tobed Smith. Abueme and Smith both decided to focus the retreat on helping teachers learn more about each other. According to Smith, "With our growing student population, our faculty have also grown and we have quite a few new teachers, so this will help us all get along better and work together better."

School president, Galvin Deleon Guerrero, agreed with Smith's sentiments. He said, "It's important that as we grow as a school, we do not lose that sense of family that has always made us who we are. So it's great to see veteran teachers and new teachers get along so well at this retreat."

Deleon Guerrero also noted the significance of holding the retreat at Maturana, which is named after Blessed Mother Margarita Maturana, one of the founding mothers of the Mercedarian

Missionaries of Berriz. "This place is sacred because it's the home of our school's founding mothers, and it's only fitting that we come back here and give back to them." In addition to paying a nominal fee for use of the facility, the school also decided to have the food catered by Maturana instead of going with an outside caterer.

School principal, Frances Taimanao, was very happy with that decision. She said, "Not only are we helping the sisters, but the food is also very healthy and very tasty. I couldn't be happier!"

Taimanao is also happy that all student retreats throughout the year will be held at Maturana, a tradition that dates back to Maturana's earliest days. "We are committed to helping the sisters who helped our school so much. And there's no better way than for our students to find spiritual renewal here at Maturana."

Students will begin their respective retreats in mid-October, which will continue throughout the school year. Each retreat is preceded by an opportunity to partake in the Sacrament of Reconciliation which leads into a mass that kicks off each retreat. The rest of the retreat includes prayer, reflection, and group-building activities.

Insta-Ready

Helping teens develop digital literacy skills

by Bari Walsh for the Harvard Graduate School of Education

Does passively browsing through a friend's fabulous Instagram feed automatically make teens feel worse about their own lives? Not uniformly, a new study concludes, finding also that teens who bring a level of critical analysis to the experience seem to be more resilient in the face of social media's pressures than teens who believe the happy images are indicative of a happier life. As researchers continue to assess the impact of social media on the social-emotional lives of teens, this new work adds fuel to the argument that parents and educators have an essential role to play in helping teens develop the literacy skills they need to navigate their digital worlds.

In the study, researcher Emily Weinstein assessed the emotions of more than 500 adolescents before and after they browsed an Instagram simulation that included two feeds, for a male and a female teen. Weinstein also assessed whether and to what extent teens were comparing their lives to the lives portrayed in the Instagram galleries.

Weinstein created three different versions of the same simulation. In one, kids saw a typical "highlight reel," full of the kind of glossy images that suggest nothing but happiness. In another, teens saw the same highlight reel, but first they saw a notification reminding them to "keep in mind that everyone is trying hard on social media, and that these are normal kids who have bad days, too." In the third version, teens saw no notification, but the positive images were interspersed with several posts about everyday challenges or negative experiences – ostensibly a more ordinary, less-perfect life.

Contrary to what she expected, Weinstein found that the different browsing experiences alone weren't predictive of kids' reactions. Instead, it was teens' own interpretations that mattered most – and, more specifically, the extent to which teens compared themselves to the feeds they saw.

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Announcements

2016-2017 Yearbooks

Yearbooks for last school year are now available. With limited quantities, don't miss this chance to relive the memories from last year as you build new ones this year. \$50 per yearbook, available in the Business Office.

Cross Country

Can you run? Can you run far? Then run as part of Mount Carmel School's Cross Country Team. Here are the dates for the season: TOMORROW, Sat. 9/23 at 4:00 pm at airport field; Sat. 10/7 at 4:00 pm at airport field; Fri-Sat 10/10-10/21, Asia Pacific Invitational in Guam; Sat. 10/28 at 4:00 pm at airport field; and Finals on Sat. 11/11 at 7:00 am at Lau Lau Golf Resort. Age groups are 7 Under boys/girls, 9 U boys/girls, 11 U boys/girls, 13 U boys/girls, 15 U boys/girls, and 18u boys/girls. To sign up or for more information, see Mr. Hernandez, Mr. Blanco, or Mr. G.

In the Future

NSDA/NJSDA Debate Meet

TODAY, Friday, September 22

NSDA/NJSDA Meet

TOMORROW, Saturday, September 23

Junior Hot Lunch

TOMORROW, Saturday, September 23

Senior Breakfast Stand

Junior Store

Monday, September 25

7th Grade Buy-a-Change

Sophomore Pearl Shake Stand

Wednesday, September 27

Senior Fried Oreo Stand

Thursday, September 28

Freshman Pizza Sales

Senior Movie Night

Friday, September 29

MCS Cultural Diversity Day

Friday, October 6

CNMI Cultural Diversity Day

Monday, October 9 (no classes)

ESLR of the Week

#1. Communicate effectively using various methods and mediums.

Insta-Ready

continued from front

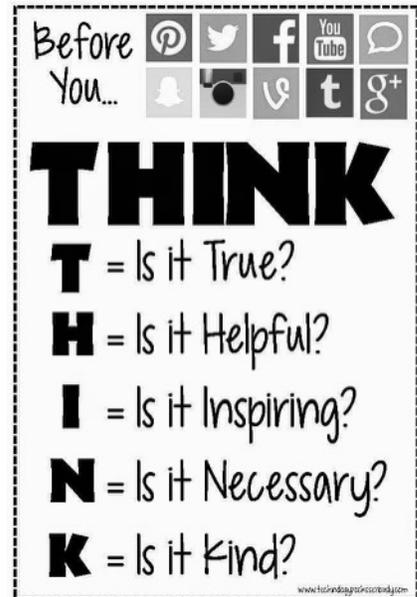
Teens who browsed the same simulated Instagram feeds differed in how much they believed that the people whose profiles they saw were actually happier or having better lives. Some teens understood the feeds as curated and effortful – not a good barometer for the overall happiness of the feed's owner. "For these teens, browsing social media is kind of like watching reality television. There's a sense that while the content is grounded in reality, it's also deliberately edited to give a certain impression," Weinstein says.

But other teens seemed to take the feeds more literally. And in general, those who reported making more negative comparisons between themselves and the Instagram feeds also reported feeling worse immediately after browsing, Weinstein says, regardless of their emotions before they browsed.

In sum – teens don't react in the same ways to the same social media information, Weinstein says; they differ in how they use, experience, and respond to what they see. And this research is one of a number of studies offering evidence that social comparison is a cause for concern when it's an active part of a teen's social media use. How can adults – parents, educators, software designers, social media entrepreneurs – fortify the more discerning approach and safeguard teens against making the kinds of negative social comparisons that compromise their wellbeing?

Citing Lisa Guernsey's notion of "the 3 C's" – the context, the content, and the individual child – Weinstein suggests that adults can consider:

- **How to shift the context of social media browsing, by developing teens' awareness that social media portrayals are highly orchestrated.** "It can be tricky to keep in mind that what we're not seeing is an important part of the story," Weinstein says. If teens tend to view others' social media feeds as evidence of "perfect" lives, encourage them to look back at their own feeds and think about the moments from offline life that they've omitted from their online presentations. Help them build an active recognition that social media presentations offer characteristically thin and unrepresentative slices of peoples' lives.
- **How different content might enhance or diminish the likelihood of comparison.** Some of us follow accounts that routinely trigger social comparison and lead us to feel that our own lives don't measure up. Empower teens to think critically about the accounts they choose to follow, and to be curators of the content on their feeds. Remind them that they have the power to unfollow or unsubscribe from accounts.
- **How to support the needs of individual children and the different ways they engage with social media.** "Researchers continue to find evidence that teens have varied experiences with social media. When we don't pay sufficient attention to these differences, we often miss opportunities to identify how and why individual teens are actually thriving or struggling," says Weinstein. The same Instagram



post that distresses one teen may inspire another; the same Snapchat practice that is burdensome for one teen may be playful for another. Try to replace assumptions with questions. Ask teens: How do you interpret that post? Why do you follow this account? What do you see as the best and trickiest parts of growing up with social media?

Weinstein also says that the study argues for a more nuanced assessment of the role of social media in the lives of adolescents. "It's understandable to crave simple answers," she says. "Is social media good or bad? Are smartphones facilitating unprecedented opportunities or destroying a generation? But actually, research continues to reveal a more complex and nuanced story. I see benefits in attending to more specific and, perhaps, actionable questions, like when, and why, and for whom certain kinds of social media use pose opportunities or risks. By asking these more specific questions, we will find answers that can help us productively envision the path forward."

PTO Corner

Schedule of Meetings

October 4
Parent Representatives Meeting
5:30 pm • Faculty Lounge

November 8
Election of Officers
5:30 pm • Faculty Lounge

November 14
Turkey Trot

All parents are encouraged and welcome to join us for these important meetings. For more information, contact PTO President, Luis Camacho, at 287-9753.