

**TENDER HEART SCHOOL, SECTOR 33-B, Chd.**

**NOTICE FOR PARENTS**

Dear Parents,

Dated : 24.05.2019.

This letter / notice is being written as a follow up to the earlier notice dated 27.07.2018 on the issue of children / students excessively viewing Television, Mobile and other related media. Overall - the effect of the notice were mixed. Many a parent appreciated that their own children were viewing less of the Television whereas others commented that the children / students were smart enough to find alternative mode of media like watching Television on the mobile phone rather than on the T.V. set which is both highly humorous and also shows how intelligent / smart young children of today are. In a single stroke these youngsters have laid waste the well meaning efforts of both the parents and the School.

While it remains an indisputable fact that Media viewing by children is on the upswing and nature viewing i.e. viewing natural objects on the down swing, and this has not only affected the eye-sight of the children adversely but provided them lesser impetus to query the setting of nature which is otherwise the base to our existence. The general negative effects of excessive viewing of the media are well delineated and are set out as under :-

1. T.V. provides nil educational benefit to a child under two years of age
2. Television viewing is at the expense of the child developing language, creativity, motor and social skills.
3. The brain development of young children seizes (stops) for the entire time they watch Television with regard to creativity. Children who watch excessive Television have a problem on focusing there-after on the delivery of the lesson by teachers in class because from the Television they get used to fast visualization, loud noises and multifarious enhanced colour schemes as depicted by the Television programmes.
4. Educationally speaking and in pure philosophical terms the majority of cartoons like 'Tom and Jerry' come under the category of 'violence' and should actually be banned by the appropriate authority. Television most certainly negatively affects the time available with the child towards any Home Work given from the side of the School.
5. Even more detailed studies have revealed that excessive Television viewing by children (adults) leads to maladjustment or straight forwardly put-adjustment problems emotionally, towards one's own self and outwardly towards others.
6. Undisputable weight gain problems exist in all cases and a very simple study conducted in Africa many decades ago found that apart from even the children, the members of African homes had averagely gained 8% weight ever since Television become widespread in Africa, due to inactivity for the duration the Television was viewed by them.
7. In the higher realms of thought - the reasons for excessive Television viewing stems from the very way the human mind functions. To elaborate further the human mind is constantly at work and at every moment needs something to focus upon, and therefore resists being in idle mode. The Television comes to the mind's rescue - but this is out rightly wrong and whereas we rather need substantive hobbies and skills at a micro level to occupy our brains. A hobby or a skill is defined here as something which operates from the brain but is done by the hands. It is the mind-hand link which satiates the focusing needs of the human mind.

Students are therefore advised to develop 'skills and hobbies', as defined above, to use their leisure time effectively. The skills and hobbies may be according to their own interests. Dependence on the Television to pass time is highly inappropriate and devastating in terms of personality development, brain signaling response and inventiveness.

Lastly children / students may bear in mind that elders guide human society and most so through their own positive and negative experiences and are always well meaning in nature and if the School authorities are repeatedly taking up the issue of viewing less Television then the responsibility is on the students to abide by the well intentioned guidance and instructions.

The earlier request of nil i.e. zero Television viewing on Tuesdays, Wednesdays and Thursdays stands in place even all through the Summer Vacations and it may kindly be adhered to.

Principal

Tender Heart School