



The Messenger

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Screen Time Syndrome

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Minnesota Association of Christian Schools

"According to Pew Research, only 14 percent of U.S. Adults had access to the Internet in 1995. By 2014 that number was 87 percent. Generation Z grew up during the most accelerated and game-changing periods of technological advancements in human history!"
-Ryan Jenkins



A couple of interesting insights into Generation Z's Technology Usage from Jenkins:

- 45% of Generation Z have mobile service plans by age 10
- 91% of Generation Z have their digital devices in bed with them in the evening
- 40% of Generation Z says that working Wi-Fi is more important to them than working bathrooms
- 32% of Generation Z would rather go three days without a shower than go a week without their phone
- 66% of Generation Z lists gaming as their main hobby
- 1 in 10 of Generation Z would rather go three days without refreshing their underwear than go three days without refreshing their Twitter feed

Samaritan Ministries had a wonderful article in its May, 2018 newsletter entitled: "How to Help Your Kids Overcome Screen-time Syndrome" by Jacqueline Franks. In that article, Mrs. Franks speaks to the current trend of children who are

getting iPads earlier and earlier, many as young as six-years old. Current estimates of the amount of time children spend on devices total more than seven hours a day!

Is this your child?

"Screen-time Syndrome" is the new buzz term that is identifying a significant concern for our Generation Z children (ages 5-19). This is the generation that doesn't know a world where a smart device is not within their reach. This generation only knows a world of super-computers, iPads, iPhones, and Xboxes. "Called digital drugs, these forms of technology are so hyper-arousing that continued usage raises dopamine levels—the feel-good neurotransmitter most involved in the addiction dynamic," according to author and psychiatrist, Dr. Victoria Dunckley. Parents are being warned that "regular" exposure becomes addictive and can cause subtle damage where children become impulsive, moody, and can't pay attention.

I am a member of the "Baby-Boomer" generation and we played outside. Give me a gymnasium and I played ball all day. Give me a dirt pile as a kid and you might find me if you could tell who I was. Our drug was creative play and we played and played and played. We learned how to communicate with others and we were forced to sit quietly at Grandmother's house. We could not play unless Grandma got out the old toy box. And that toy box was filled with the same old toys. We usually found a creative way to play "again" with the old toys and were yelled at by mom when our play became "too creative." And very occasionally we were allowed to watch TV, but only if Grandma offered. We learned how to sit, listen, respond to an adult correctly, and enter into a conversation.

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(Screen Syndrome, continued from page 1)

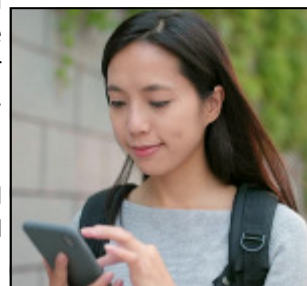


"Unfortunately, screen time has replaced the outdoor time and become a kind of babysitter," says Mrs. Franks. There are things, however, that we can do to help rewire and retrain the brain. Franks says that parents must be intentional and stresses starting out while children are very young. In her article, she quoted occupational therapist, Victoria Prooday who suggested four "rules" from her blog:

1. Train delayed gratification. Make them wait! It is OK to have "I am bored" time. This is the first step to creativity. Gradually increase the waiting time between "I want" and "I get." Avoid technology use in cars and restaurants, and instead teach them waiting while talking and playing games.
2. Don't be afraid to set the limits. Kids need limits to grow happy and healthy! Make a schedule for meal times, sleep times, and technology time. Think of what is good for them – not what they want or don't want. They are going to thank you for that later on in life.

3. Teach your child to do monotonous work from early years as it is the foundation for future "workability". Folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table, making lunch, unpacking their lunch box, making their bed, etc.
4. Have fun with your children. Read aloud, wrestle with your kids, make a Mexican or Italian meal together, do a family game night or a treasure hunt in the house or yard. Have family devotions and pray together. Take walks together, and play creatively!

Two summers ago, we hosted a Chinese group of about 50 students from the Loudi Chinese School. One of the English speaking teachers and I made our way down to the Atrium to join the students for lunch after one of the school sessions. We arrived after the students had started eating and came to an amazing sight. The students had voluntarily spread apart. They were completely silent and ate their lunch with their iPhones in hand. There was almost no verbal communication between them. And they were friends! And they all spoke the same language! And they all had one thing in common... their electronic devices.



Astonished, I asked the Chinese teacher, "What is up with this?" And I will never forget his reply, "Welcome to Asia!"

My fear is that our American Generation Z students are quickly headed in this direction. Parents must head off the technology addiction before it consumes our kids.

- Mr. Alan J. Hodak, Administrator
Fourth Baptist Christian School, Plymouth, MN

Franks, Jacqueline. "How to Help Your Kids Overcome Screen-time Syndrome." *Samaritan Ministries Christian Healthcare Newsletter*. May, 2018.
Jenkins, Ryan. "How Generation Z Uses Technology and Social Media." *blog.ryan-jenkins.com*.



Don't miss it!

Next year's MACS Band Festival

Friday, Nov. 3rd

at Fourth Baptist Christian School

The day will begin at 9:00am and
the closing concert will be at 6:30pm.

It's always a worthwhile day. Make plans to attend!

ALL MACS SCHOOLS ARE INVITED TO ATTEND THE SUMMER SPORTS CAMPS AT FBCS

Basketball



Soccer



Volleyball



Basketball Camps: June 12 - 16
(Mon - Fri)

Basketball Camps will be led by Coach Daniel Johnson, long-time basketball coach for both JH and SH basketball in both Idaho and Minnesota.

Cost for the week:

Elementary Camp - \$55
Secondary Camp - \$80

- **Mixed Elementary:** entering grades 3 - 6, 10am - noon (boys & girls combined)
- **Secondary Girls:** entering grades 7 - 12, 1 - 3pm
- **Secondary Boys:** entering grades 7 - 12, 3:30 - 5:30pm

About Coach Dan Johnson:



We are glad to welcome Daniel Johnson as our guest coach for this year's basketball camps. Dan brings a decade of coaching experience from his time as junior high and high school boys

coach in Idaho and Minnesota.

"My favorite thing about coaching the game of basketball is the opportunity to teach so many lessons that correlate to life: discipline, selflessness, teamwork, perseverance, etc. I love forging relationships with the players that I am blessed to coach. My desire is to teach them to be people who will live for God and others," states Dan.

Dan married his college sweetheart, Becky, and together they are raising four children.

Soccer Camps: Jul. 31 - Aug. 4
(Mon - Fri)

Led by Andy Rogers, All-American Soccer Player for the NCCAA and Head Coach of the MACS Boys' Varsity Mankato/Owatonna Soccer Team.

Cost for the week:

Elementary Camp - \$55
Secondary Camp - \$80

- **Mixed Elementary:** entering grades 3 - 6, 10am - noon (boys & girls combined)
- **Secondary Boys:** entering grades 7 - 12, 3 - 6pm

About Coach Marcus



Wilkes:

Marcus Wilkes is the head coach of the Grand View Christian School varsity girls' soccer program in Des Moines, Iowa. Marcus has done an exceptional job

building a young program only in its second season. Soccer has been a successful part of Marcus's life since elementary school. Throughout his high school experience in Kansas City, Missouri, Marcus achieved recognition with the sport, receiving all-state team honors all four high school seasons.

Marcus went on to play soccer in college at Faith Baptist Bible College in Ankeny, Iowa. Achieving success with soccer in Iowa as well, he received All-Conference honorable mention for the MCCC conference and was a starter on many successful teams. During his sophomore season at Faith, Marcus and his team reached the ACCA National Championship game. During his junior year, his team achieved the milestone of winning the NCCAA Northwest Regional Tournament and going on to play in the NCCAA Division II National Tournament in Kissimmee, Florida. Marcus is excited to share his knowledge of the game through coaching in the future.

Volleyball Camps: Jul. 31 - Aug. 4
(Mon - Fri)

Led by Ellie Hodak, All-American Volleyball Player for the NCCAA and former team captain of the Women's Volleyball Team at Northland International University.

Cost for the week:

Elementary Camp - \$55
Secondary Camp - \$80

- **Elementary Girls:** entering grades 3 - 6, 10 - noon
- **Secondary Girls:** entering grades 7 - 12, 3 - 6pm

About Coach Jojo Wilkes:

Jojo Wilkes has been the middle school volleyball coach at Grand View Christian School in Des Moines, Iowa, since 2016 as well as an assistant coach in the Iowa Power Volleyball Alliance club program in the 15's age category for the 2017-2018 season. Jojo played volleyball in middle and high school, competing on two state championship teams in the MACS conference—one that went on to win the MAACS regional tournament—and receiving all-conference and all-tournament honors through MACS.

Jojo went on to play volleyball after high school at Faith Baptist Bible College in Ankeny, Iowa. Her sophomore year at Faith, Jojo received NCCAA All-Region honors as an outside hitter. Her junior year at Faith, she received NCCAA All-Region and MCCC All-Conference honors as an outside hitter, as well as second team All-American honors from the NCCAA and first team All-American honors from the ACCA conference. Her senior year, Jojo's role on the team changed from outside hitter to libero. For her final season, she received the regional honor of Libero of the Year through the NCCAA, was a team captain, and the season team MVP. Jojo looks forward to continuing to share her volleyball knowledge and skills through coaching in the coming years.





2018 MACS Varsity Basketball State Tournament Results:



Boys

Champions – St. Francis Patriots

2nd Place – Fourth Baptist Warriors

3rd Place – Lake Region Hornets

5th Place (Consolation) - Foundation Christian Redstorm



Girls

Champions – Fourth Baptist Lady Warriors

2nd Place – First Baptist—Rosemount Lady Crusaders

3rd Place – Woodcrest Baptist Lady Warriors

5th Place (Consolation) – Lake Region Lady Hornets



Boys All-Tournament Team:

1. David Ellies—Foundation
2. Eli Richter—Lake Region
3. Nathan Brennan—Fourth Baptist
4. Ryker Kloeckner—St. Francis
5. Lucas Barth—St. Francis
6. J.J. Webster—Fourth
7. MVP—Micah Coons—St. Francis

Girls All-Tournament Team:

1. Erica Ureke—Woodcrest
2. Abby Grider—Lake Region
3. Melany Guzman—Rosemount
4. Carissa Leith—Fourth Baptist
5. Rosa Torres—Rosemount
6. MVP—Hannah Berscheid—Fourth Baptist



All-Conference Selections



Boys First Team All-Conference

1. David Ellies—Foundation
2. Nick Christenson—Lake Region
3. Lucas Barth—St. Francis
4. Ryker Kloeckner—St. Francis
5. Nathan Brennan—Fourth Baptist
6. J.J. Webster—Fourth Baptist

Boys Second Team All-Conference

1. Josh Lathrop—Chisago
2. Daniel Ball—Rosemount
3. Simon Allen—Prior Lake
4. Mark Ababiy—Woodcrest
5. Daniel Graves—Rosemount
6. Micah Coons—St. Francis

Boys All-Conference Honorable Mention

1. Evan Manes—Woodcrest
2. Tommy Thompson—Lake Region
3. Jackson Martin—Prior Lake
4. Jacob Gustafson—Fourth Baptist
5. Colton Helmuth—Foundation
6. Tyler Johnson—Rosemount
7. Thomas Stewart—St. Francis

Boys Shooting Competition

Free Throw: Eli Richter—Lake Region
3 Point: Tommy Thompson—Lake Region
Hot Shot: J.J. Webster—Fourth Baptist

Girls First Team All-Conference

1. Melany Guzman—Rosemount
2. Erica Ureke—Woodcrest
3. Elena Neilson—Chisago
4. Abby Grider—Lake Region
5. Hannah Berscheid—Fourth Baptist
6. Rosa Torres—Rosemount

Girls Second Team All-Conference

1. Katie Russell—Heritage
2. Naomi Darling—Woodcrest
3. Marcale Palm—St. Francis
4. Joelle Webster—Fourth Baptist
5. Abby Madden—Rosemount
6. Kallie Durkee—Heritage

Girls All-Conference Honorable Mention

1. Sarah Ureke—Woodcrest
2. Krystal Wikstrom—Heritage
3. Hannah McGaffey—Lake Region
4. Ali Koel—St. Francis
5. Carissa Leith—Fourth Baptist
6. Amanda Larson—Owatonna

Girls Shooting Competition

Free Throw: Kalli Durkee—Heritage
3 Point: Elena Neilson—Chisago
Hot Shot: Erica Ureke—Woodcrest



MACS Basketball Champions: St. Francis Patriots



MACS Basketball 2nd place: Fourth Baptist Warriors



MACS Basketball Champions: Fourth Baptist Lady Warriors



MACS Basketball Second Place: First Baptist Lady Crusaders



MACS Girls All-Conference First Team: (L to R): Hannah Berscheid, Abby Grider, Elaina Neilson, Erica Ureke, Melany Guzman, Rosa Torres



MACS Boys All-Conference First Team: (L to R): Ryker Kloeckner, Lucas Barth, David Ellies, Nathan Brennan, J.J. Webster (not pictured: Nick Christenson)



MACS Girls Basketball All-Tourney Team: (L to R): Rosa Torres, Melany Guzman, Abby Grider, Erica Ureke, Carissa Leith, Hannah Berscheid



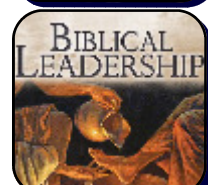
MACS Boys All-Tournament Team: (L to R): Ryker Kloeckner, Lucas Barth, Micah Coons, Nathan Brennan, J.J. Webster, David Ellies (not pictured: Eli Richter)



Minnesota Association of Christian Schools

2018-19 MACS Events Calendar

- **June 11-15** – Fourth Baptist Christian School Basketball Camp – All MACS schools are invited
- **August 6-10** – Fourth Baptist Christian School Volleyball and Soccer Camps – All MACS schools are invited
- **August 13** – First day of Team Practices for fall sports
- **August 24** – Rosemount Jamboree (Soccer & Volleyball) at First Baptist in Rosemount
- **October 11-12** – Wisconsin / Minnesota Teacher's Convention at the Wisconsin Dell's
- **October 25-27** – MACS State Volleyball and Soccer Tournament at First Baptist in Rosemount
- **November 2** – MACS Band Festival at Fourth Baptist
- **November 12** – First day of Team Practices for Winter sports
- **January 18** – Student Leadership Conference at Fourth Baptist
- **February 14** – MACS Speech and Bible Festival at Woodcrest Baptist Academy
- **February 28 - March 2** – MACS Basketball Tournament at Fourth Baptist and Woodcrest Baptist Academy
- **March 8** – MACS JH Fine Arts Festival at First Baptist at Rosemount
- **March 20** – MACS Legislative Breakfast at the State Capitol
- **April 5** – MACS SH Fine Arts Festival at Fourth Baptist & MACS Annual Meeting
- **May 3*** – Granite City Track Meet at Granite City Baptist in St. Cloud
All MACS Schools are Invited to participate (* Date Change)



SH MACS FINE ARTS FESTIVAL REVIEW



The SH MACS Fine Arts Festival was hosted by Fourth Baptist Christian School on April 6, 2018. Approx. 250 students from 11 different MACS schools participated in various music, art, and academic events. The day was a very full schedule of music performances that kept the students busy participating and watching other performances throughout the day. Students learned much from the judges and their helpful comments.

Our academic testing was done in advance as usual, but in a different format this year—all tests were taken online. We are very thankful for the abilities that the Lord has given to our schools and our students and we really had a wonderful day of friendly competition. Our prayer is that the students will use their talents in ministry.—Mr. Levi Kolwinski, *FBCS Music Director*



Granite City Track Meet 2018

Not too warm, not too cold ... the weather was perfect for this year's track meet at Granite City Baptist in St. Cloud. Students from five schools enjoyed great competition and a fun day was had by all. Make plans to attend next year's track meet on Friday, May 3rd*, 2019.

*(*NOTE: this is a date change from the original MACS calendar.)*

