



Volume 2009, Issue 20

June 19, 2009

TLCS news & views

Thursday, June 25th - Parent Teacher Meetings

From 13:30hrs – 19:00hrs

Parents may make appointments with the class teachers.

NO AFTERNOON ACTIVITIES Thursday EXCEPT for scheduled Sports Team Events.

Office and uniform shop will stay open until 4 pm, Thursday for your convenience.



10% discount on school fees available from June 12— July 3rd 2009.



PRIMARY PARENTS...

Just a reminder....

Preschool car park is for Preschool students only.



UPCOMING SPORTING ACTIVITIES....

Next week...

Secondary

Basketball against Legae Academy 22- 06 - 09



ISSSA Annual Soccer/Netball Tournament 27- 06- 09 @ various venues



Primary

Athletics 23 - 06 - 09 @Al Nur School



Under 9 Soccer/Netball Tournament @ Baobab School 24- 06 - 09

Soccer/Netball versus Al Nur 25 - 06 - 09

Under 11 Soccer/Netball Festival @ Northside School 27- 06- 09

Study Links Teen Depression To Bedtimes

When I was a teenager, my mother used to say, "Nothing good happens after midnight." While she said this to underscore the likelihood of teenagers (like me, at the time) getting into trouble late at night (she was right, by the way) little did she know that there are mental health consequences for teens who consistently go to bed late.

Teens whose parents let them stay up after midnight on weeknights have a much higher chance of being depressed or suicidal than teens whose parents enforce an earlier bedtime, says research presented at a national sleep conference.

The findings are the first to examine bedtimes' effects on kids' mental health — and the results are noteworthy. Middle- and high-schoolers whose parents don't require them to be in bed before midnight on school nights are 42% more likely to be depressed than teens whose parents require a 10 p.m. or earlier bedtime. And teens who are allowed to stay up late are 30% more likely to have had suicidal thoughts in the past year.

A team led by Columbia University Medical Center researcher James Gangwisch examined surveys from 15,659 teens and their parents who took part in a National Institutes of Health (NIH) study of adolescent health. Previous research has established a firm connection between teens getting less sleep and feeling depressed or suicidal.

The lesson for parents is simple, Gangwisch says: Try as much as possible to sell teenagers on the importance of getting enough sleep — even if it seems that they don't need as much as younger children (actually, they need as much — about nine hours — but usually get only 7½ hours or so, according to the NIH).

Source: USA Today

http://www.usatoday.com/news/health/2009-06-09-bedtime-teen-depression_N.htm



Secondary Basketball results for matches played 13/06/2009

GIRLS

TLCS	8	RAINBOW	2
TLCS	4	LEGAE	6

GIRLS SECOND OVERALL.

BOYS

MAP	21	TLCS	9
TLCS	13	LEGAE	5
TLCS	17	JMS	9

SEMI FINAL

TLCS	12	RAINBOW	8
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FINAL

TLCS	6	LKC	14
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BOYS SECOND OVERALL.

Soccer

TLCS. 1	WESTWOOD. 7
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Netball

TLCS. 7	WESTWOOD. 10
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Results for matches played on July 18, 2009.

TLCS versus Tlokweg Dayspring

Netball

Under 9 girls

T D S. 1	T L C S. 1. Well done girls!!
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Under 11 girls

T D S. 15	T L C S. 0
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Soccer

Team A

TLCS. 3	DAYSRING. 0
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Team B

DAYSRING. 3	TLCS. 0
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Under 11

TLCS. 0	DAYSRING. 3
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