



# GOLDEN KNIGHTS ONLINE

MATTERS OF TECHNOLOGY AND FAITH



Issue No. 1 | December 2015 | www.school.omcparish.com |

## WELCOME!

### TO THE INAUGURAL EDITION OF GOLDEN KNIGHTS ONLINE!

Welcome to our new school newsletter about technology and Catholicism. Last year [our school published a statement on technology and spirituality](#), and this newsletter exists to keep the conversation moving. We're a Catholic school. That means we love God, our neighbors, and God's creation. We're glad to be part of society, sharing the hopes and fears of our times. And in this day and age, that means engaging technology.

This newsletter exists to help our school engage technology practically and spiritually. What are our kids doing online, and how can we help them do it well? How can we help parents be parents, and guide their children with wisdom? Sometimes we want to be hands-on and practical; sometimes we want to step back and reflect.

Some people say technology is only a tool – neither good or bad, for it all depends on how you use it. That's true, but no tool is neutral. You know the saying: "when all you have is a hammer, everything looks like a nail." When we own a new tool, we want to use it. We get excited about it, we naturally want to play with it and apply it. How to do that with excellence, and in a way that's distinctively Catholic? That's why we've created this newsletter, which we hope to publish each trimester. We invite your input. Students, teachers, and parents – contact us online or in the school yard, but let's hear from you.

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## A DAY OF NO TECH

by  
Josh Powell  
8th grade



On September 19, I had an experience that is not easy to forget. I participated in an event called kNOw Tech 4 Teens. This is an event that has participants go completely technology free for a whole Saturday. Before this day, you are encouraged to get sponsorships from friends and family that go towards worthy causes including the Tyler Clementi Foundation, End Distracted Driving, and Sunday Supper.

During the course of the day, I went to do several different awesome activities. First, we got a hearty lunch from the nice people at Sunday Supper. We then all went to Penn Charter to get a presentation from Mr. Joel Feldman, the founder of EndDD that explains the dangers of driving while distracted. We found out that even the slightest glance off

of the road could cause disaster. We then went to play an hour long game of ultimate frisbee on the Penn Charter lacrosse field. After that we went to Pietro's Pizza in Center City. And finally, we had a s'mores party and then had a sleepover at the Kimmel Center after a talent show by some participants.

This was a really good experience because it made me learn to appreciate the small stuff. 24 hours without any technology made me realize how much more relaxed I was, and how much fun it could be when you aren't chained by the distraction of social media, internet, and video games.

*"Achieving a healthy approach to media and technology can make a big difference in kids' lives today. Kids who learn to use digital media wisely can accomplish amazing things — learn new skills, explore new worlds, build new ideas, and change the world. Yet every kid has different needs. As parents and educators, we know our kids best." - Common Sense Media mission statement*

## COMMON SENSE MEDIA

**A RESOURCE WITH CHILDREN AT THE HEART OF THEIR MISSION**



BY CHRISSY PLOVER

In our digital age, it can be an overwhelming task to try to stay on top of what is available and what is appropriate for our children. As a parent and a technology teacher, I have the responsibility to educate myself, my school parents, my school children and my own children. Today, I share with you my best companion for navigating through the constantly changing information highway: Common Sense Media.

Common Sense Media is a non profit organization whose mission is to empower adults with tools, advice, guides, and information to better support children to not just survive but thrive, in our ever changing media filled world. From reviews of apps, movies, books, shows and more, to family conversation guides and parent concern sections, Common Sense Media helps families make smart, informed choices about all aspects of media.

So next time you hear your children talking about the latest book, movie, or app, find your way to commonsense-media.org to help make an informed decision!



## SAVOR THE MOMENT

BY MS. NASH

### Don't Get Me Started...

Yes, I am the technology teacher and yes, I am rarely without one or two or three, sometimes four devices in my possession at a time. But cellphones, digital cameras, tablets and computers should not be used at all times or in all places. There are times when technology should take a back seat to simply experiencing an event.

### Don't get me started... about landmark occasions.

It is almost impossible to go to any important social event in church – baptisms, First Communion, Confirmations, graduations, even weddings - without the aisles being filled with people taking pictures or videos.

While I understand that parents want to preserve the memories of their children's lives, shouldn't there be a single person or even a few people recording the event and then distributing the pictures/video? You, as a parent or guest, should focus your attention on the moment. The greatest memories will be the ones that you carry in your heads and hearts.

I was recently at a wedding where I knew the happy couple had paid a great deal of money to have the event recorded in pictures and video. Why did guests feel the need to take pictures with their phones, getting out of their seats and going into the aisles? Their actions were distracting – especially when I was up in the altar reading.

Don't get me wrong; I have been guilty of doing this. Often, the pictures or videos are not as good as the experience. The product is less important than the experience of being there.



## PRAYER CORNER

BY CHRIS ROBERTS

What's bedtime prayer like in your house? In ours, the routine varies. If it's late and the kids are tired, it might be as simple as a blessing and a kiss on the forehead with an Our Father. But if things are going well and we've got time to move slowly, sometimes we plug the iPod into the dock, turn down the lights, and either download or stream from [pray-as-you-go.org](http://pray-as-you-go.org). British Jesuits maintain this site, and six days a week, they post new simple prayers, and always with eclectic music (it might be Mozart, it might be Ladysmith Black Mambazo, but it is always beautiful). There is a narrator who walks you through the prayers, sometimes giving advice about how to breathe and quiet the mind. They have an app which gives the same treatment to classic prayers [like the rosary](#). [Look for the "examination of conscience" for children](#) which is especially excellent. This "examen for kids" helps children look back over their day, think about when God might have been speaking to them, and look ahead to tomorrow with open heart. It's gentle, short, and highly recommended.