

# Middle School Guidance



## 10 Dangers of Video Gaming

March 2012

Volume 9, Issue 8

For many years, parents have often worried about the negative effects of video games on their children's health. Parents who are unfamiliar with the electronic hobby are prone to believing that playing video games can lead to: loss of vision, decreased mental ability and aggression due to violent scenes and situations found in many video games. While there is an ongoing debate amongst researchers about the effects of video games on a person's health and well-being, one can attribute video gaming addiction to the following negative effects: (1) Sleep Deprivation - with school taking up a major portion of a person's time, many students are sacrificing their sleep just to play games. (2) Disregard for Personal Hygiene - when engaged in video games little or no physical interaction is needed with the outside world, thus the feeling of not needing to take care of per-

sonal grooming. (3) Isolation and Seclusion - excessive game play can lead gamers to isolate or seclude themselves from friends and family, (4) Depression - video game addicts might not realize it at first, but depression slowly seeps in as they find themselves becoming enslaved by their addiction. (5) Stress - obsession with the video game leads to their failures and pressures to achieve goals within the video game. (6) Arthritis and Carpal Tunnel Syndrome - excessive video play can lead to physical impairments. (7) Unhealthy Eating Habits - fast food and easy-to-prepare meals like frozen dinners are the meals of choice. (8) Aggressive Behavior—video games offer acceptable outlets for the release of feelings, they also can do the opposite. (9) Inactive Lifestyle - sitting or lying down all day when playing video games com-

bined with poor eating habits is a dangerous combination. (10) Denial - lying to cover up abnormal behavior for changes in their lifestyle. (www.symptomfind.com) Playing video games can be a healthy outlet for students just as long as they play in moderation and do not begin to exhibit any of these signs mentioned.

### Quote of the month

"Success comes through Dedication, Determination Discipline and Desire."  
(Unknown)

### Points of Interest:

- ✓ - Absent from school? Check out the teacher lesson plans by logging into the Logic House Parent Portal.
- ✓ - Excuses are due the day students return to school. A grace period of three days is allowed before becoming illegal.
- ✓ - Bullying information can be found at: <http://www.bbsd.com/bullying>



Happy  
St. Patrick's Day

## Important Upcoming Events

The following are a listing of important dates to remember:

**March 12 through March 23, 2012** - (P.S.S.A. Mathematics and Reading Assessment - Grades 3, 4, 5, 6, 7, 8 and 11).

**April 16 through April 20, 2012** - (P.S.S.A. Writing Assessment - Grades 5, 8 and 11).

**April 23 through April 27, 2012** - (P.S.S.A. Science Assessment

- Grades 4, 8 and 11).

**May 24, 2012** - Middle School Awards Day.

**May 24, 2012** - N.J.H.S. Induction Ceremony.

**May 25, 2012** - End-of-Year Middle School Dance.

**May 28, 2012** - Memorial Day. No School.



Go Tarheels!

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