BEST OF BES
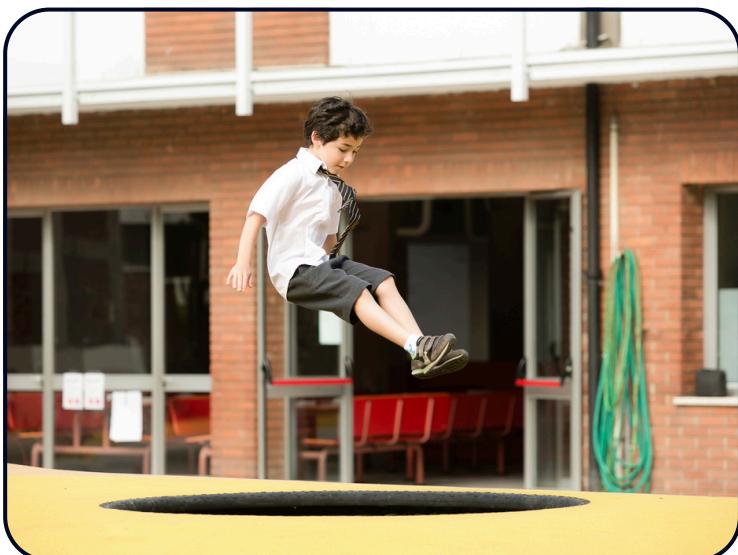
Benvenuti! In questa settima edizione della nostra newsletter, vi accompagniamo in un viaggio tra scelte educative, successi degli studenti e momenti di comunità. Inizieremo con un approfondimento su come scegliere la giusta scuola dell'infanzia, grazie ai preziosi consigli della nostra Head of BAPS e della Head of Learning Support. Scopriremo poi un brillante esempio di essay scritto da una nostra studentessa – un vero orgoglio per tutta la scuola! Infine, vi invitiamo con entusiasmo alla nostra attesissima Spring Fair: un'occasione per stare insieme e celebrare la bella stagione.

Come scegliere la giusta scuola dell'infanzia

Come scegliere la scuola dell'infanzia: guida pratica per le famiglie
La scelta della scuola dell'infanzia è un passo fondamentale nel percorso educativo di ogni bambino e una decisione che spesso genera dubbi e domande nei genitori. Quali aspetti considerare? Come capire se un ambiente è davvero adatto alle esigenze del proprio figlio?

In questa intervista approfondita Trish Burgess, la nostra Head of BAPS, e Cecilia Picinini la Head of Learning Support offrono spunti preziosi, suggerimenti pratici e una visione professionale su cosa significa "fare la scelta giusta". Un confronto ricco di esperienza e passione educativa, pensato per accompagnare le famiglie in modo consapevole e sereno. Leggi l'intervista completa sul nostro sito.

Vieni allo Spring Party!

Sabato 10 Maggio dalle 11:00 alle 15:00 nel nostro Garden

- Una giornata dedicata al divertimento nel nostro garden

- Giochi per tutte le età! truccabimbi, bolle di sapone, attività di giardinaggio e molto altro

- Food corners con offerte per tutti i gusti

Tecnologia e relazioni: una riflessione critica degli studenti

Nel corso di un'unità stimolante, gli studenti e le studentesse del settimo anno hanno indagato l'impatto della tecnologia sulla società, esplorando come le innovazioni influenzino identità, relazioni e connessioni globali. Guidati da concetti chiave come prospettiva, innovazione e rivoluzione, hanno analizzato invenzioni storiche e moderne, interrogandosi sulla domanda centrale: *"La tecnologia danneggia le nostre relazioni con gli altri?"* A conclusione del percorso, presentiamo un saggio d'eccellenza scritto da una studentessa, che affronta la questione con profondità, spirito critico e grande maturità.

Does Technology Harm Our Relationships with Others?
By: Beatrice B.

Have you ever felt the strange sensation of being alone in a crowd? Have you ever been in a room or on the subway and seen that everyone, absolutely everyone, is with their heads bowed immersed in their smartphones, with their fingers moving frantically on the touch screen? Ironically, technology with all its social media and news, which should make us communicate and connect, isolates us and "kidnaps" us into a fictitious and aseptic reality.

Over the past few decades, technology has revolutionized our lives and the way we interact. Staying in touch is now easy and affordable thanks to email, instant messaging apps like WhatsApp or Instagram. Video calls and social media allow us to overcome geographic barriers, even erasing jet lag with tools like Zoom that connect people in real time. As a 2021 *Pew Research* study found, 79% of social media users say they have formed meaningful connections online, demonstrating the power of technology to foster relationships.

Yet, while technology has undeniable pros, such as connecting us across vast distances, its overuse can damage real human relationships. The constant bombardment of notifications, for example, interrupts and annoys daily activities by distracting us from face-to-face conversations, preventing us from grasping the nuances of meaning. A study in *Psychological Science* found that couples who let devices intrude on shared moments experience a decrease in dialogue, emotional connection, and even the loss of simple joys like laughter. This shows that digital interruptions, even seemingly innocuous ones, can impoverish the quality of relationships over time.

Furthermore, social media often promotes fictitious relationships, where connections lack depth and sincerity. Online interactions often turn out to be superficial, without true emotional ties. These are relationships empty and inconsistent where only how one appears matters. In fact, liking a friend's photo or exchanging emojis certainly does not equate to a true friendship. Actually, *Psychology Today* (2023) also highlights that unrealistic representation on social media fuel comparison and envy: if you are not perfect like others, you feel inadequate. Certainly, this discordance between virtual and real life can compromise self-esteem and damage interpersonal relationships.

In particular, teenagers are the ones who suffer the most from the negative effects of the improper use of technology. While it offers them a space to express themselves and connect, irresponsibly handling devices can have serious consequences. Cyberbullying, for example, is one of the highest risks that kids can fall into. Behind the anonymity of screens, harmful behaviors can make kids feel uncomfortable, causing them anxiety and fear and even social exclusion. Continuous exposure to idealized online characters can also create stress. According to Dr. Jean Twenge (2018), adolescents who spend more than five hours a day on screens are 71% more likely to feel lonely than their peers. And this reveals a painful paradox: while these young people are hyperconnected, they are also increasingly isolated.

Another problem with overuse of technology is *technoference*, or the intrusion of devices into moments that should be dedicated to personal relationships. For example, responding to emails or scrolling through social media during dinner reduces meaningful conversations with family and friends. Technology obstructs all those nonverbal communication cues such as tone of voice, eye contact, and gestures, which are essential for understanding emotions and establishing trust. These signals get lost in digital communication, making interactions cold and incomplete.

In addition, it is also unthinkable to ignore broader ethical issues. For example, technology raises concerns about privacy and misinformation, both of which have significant consequences. Misinformation, or the spread of false information, can be used to manipulate public opinion and increase social divisions. A 2023 article in *Psychology Today* revealed that social media often amplifies divisive content, implementing distrust between individuals and communities. Moreover, cyberattacks and the misuse of artificial intelligence can be used in warfare with devastating consequences. A United Nations report states that over 30% of modern conflicts now involve cyberattacks, highlighting the risks of uncontrolled technology.

However, technology is not inherently harmful. Used responsibly, it can strengthen relationships and provide support networks, especially through social media groups that connect people with shared interests. For teenagers, it can offer emotional support when managed properly. Parents play a key role by encouraging offline activities, setting limits, and promoting healthy habits. As *Psychology Today* (2020) notes, raising awareness about screen time can help and reduce its negative effects.

In conclusion, technology has revolutionized how we communicate, offering undoubted benefits like global connection and online communities. However, its misuse can isolate individuals, promote superficial interactions, and disrupt emotional bonds. Issues like privacy breaches and misinformation add complexity, but the solution lies in moderation. As the Latin phrase *in medio stat virtus* reminds us, balance is key. Technology itself is not the enemy; its impact depends on how we use it. By adopting a balanced approach, we can ensure it enhances rather than replaces genuine human connection.

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