

الإسم:  
الرقم:

مسابقة في مادة اللغة الإنكليزية  
المدة: ساعتان و نصف

### Part One: Reading Comprehension

(Score: 12 /20)

*In the following selection, the writer highlights the issue of sleep deprivation among children, its causes and effects. Read it carefully, and then answer the questions that follow.*

### Children Struggling to Concentrate at School

- 1 Sleep deprivation is a growing problem in schools, with students struggling to concentrate in lessons due to lack of sleep, the Medical Protection Society (MPS) in England have been told.
- 2 Edward Timpson, the British Minister for Children and Families, highlighted the issue while being questioned by MPS which is investigating the role of education in preventing mental health problems in children. He said, "Lack of sleep has been linked to children's use of mobile phones and tablets late into the night. A big issue in schools now is around sleep deprivation. Children are not getting enough sleep and **that** causes problems in concentration."
- 3 Doctors have previously reported a dramatic increase in children with sleep disorders; National Health Service data shows that hospital attendances in England for children younger than 14 have raised from almost 3,000 in 2005-2006 to more than 8,000 in 2015-2016. MPS also raised concerns about the impact of social media on children's mental health, with reports of widespread cyber bullying, and parents' inability to protect their children.
- 4 Former government mental health champion Natasha Devon said neither teachers nor parents could keep up with the fast-moving technology, and suggested that schools needed experts in technology to help children use social media safely.
- 5 Devon said, "There is a gap in understanding between young people and their parents and teachers because technology is developing faster than they can measure its psychological impact on the children." She added, "Last year an extensive report about the impact Facebook had on self-esteem was published, but teenagers are not on Facebook anymore since they have moved to Instagram and Snapchat."
- 6 The MPS heard that some schools try to tackle the problem by removing mobile phones for the duration of the day, but Devon – who founded the Self-Esteem Team – said children and young people were able to avoid the safety measures adults try to impose. "I went into a boarding school where they removed their phones at the beginning of the day and handed them back at the end – they all have two or three phones to move around that problem," said Devon. "What schools need, I think, are experts in this field who are really up-to-date with the technology," she explained.
- 7 Claire Tyler – who chairs the Values-Based Child and Adolescent Mental Health System Commission – agreed, "Technology is moving on at such a pace that many parents really do not feel very well equipped to know what is going on and how best to support their children."
- 8 Lady Tyler explained, "If there were more specialist expertise in schools, schools would be very well advised to pass some of that to parents in simple ways – tips on how to help manage their child's use of social media and what the pitfalls are." She added, "For me what is particularly important to get across is a balance between screen time, physical activity, sleep and all sorts of things that contribute to overall wellbeing."
- 9 Richard Layard, professor of economics at London School of Economic and Political Science, suggested that the government should implement a trial of weekly mindfulness classes in schools, where students are introduced to a variety of meditating techniques to cope with the overuse of social media. Asked about the effectiveness of mindfulness, he answered, "Although I believe in **it** and I practice it myself, it is only part of the solution to the problem."

- 10** Lord Layard called for a “radical initiative” to support children with mild to moderate mental health disorders in a school-based setting, so they are detected early before they become so seriously ill and reach the high edges that require referring them to the Child and Adolescent Mental Health Services.
- 11** Actually, it is important to realize how critical the situation is where only 25% of children with psychological disorders are receiving the appropriate attention. That has to be changed.

### Questions

**A. Answer each of the following questions in 1-4 complete sentences using your own words.**

1. In reference to Paragraphs 1 and 2, why is lack of sleep among children under investigation? (01)
  2. According to Paragraph 3, who is held responsible for the increasing number of children’s mental health problems? Justify. (01)
  3. Based on Paragraphs 5 and 6, explain why parents and schools fail to control children’s access to technology. (01)
  4. Based on Paragraphs 8 and 9, how do Tyler and Layard view the role played by schools and the government in dealing with children’s overuse of social media? Justify. (01)
- B.**
1. Identify two different adjectives that best describe Timpson’s tone in Paragraph 2. Justify. (01)
  2. Identify two cohesive devices that the writer uses to achieve coherence in Paragraph 6. (01)
  3. What is the thematic relation between Paragraphs 7 and 8? Explain. (01)
  4. How does the writer conclude his selection? (01)

**C.** The table below shows the reasons why children have mental health problems. Read it carefully, and then answer the question that follows. (01)

Reasons behind Children’s Mental Health Problems					
Reason	Social Media	School Environment	Schoolwork	Parent-children Gap	Body Image
Percentage	81%	33%	49%	29%	69%

Source: HuffPost UK

What do the percentages indicate about the reasons behind children’s mental health problems? Explain your answer in 2 to 4 sentences, using evidence.

**D.** Scan Paragraphs 5, 6 and 8 to find words that best replace the words or phrases underlined in the sentences below. (02)

1. The child’s knowledge of the technical skills is very thorough.
2. The school only mentioned the subject of sleep deprivation, but did not deal with its main consequences.
3. One of the hidden dangers of technology is that people will be controlled by it.
4. The school’s main concern is to apply different kinds of activities that enhance students’ mental health.

**E.** What does each of the following pronouns, **bold-typed** in the selection, refer to? (01)

1. **that** (Paragraph 2)
2. **it** (Paragraph 9)

**Part Two: Writing (Choose ONE of the following prompts.) (Score: 08/20)**

**Prompt A:** “Social media is like water; we can ignore it and watch kids drown, or we can teach kids how to swim.” In a well-organized essay of 250-300 words, explain the above statement showing how children may benefit from social media when they are guided properly by their parents, teachers, etc.

**Prompt B:** While social media channels were welcomed as great unifiers that would connect and bring people together, now they seem to be causing a lot of disagreement among people, causing them to separate into different groups than ever before. In a well-organized argumentative essay of 250-300 words, show with which point of view you stand. Make sure that your essay supports your position and refutes the opposite point of view.

[Content and organization of ideas 3.5, language and style 3.5, tidiness and handwriting 01]

### Children Struggling to Concentrate at School

Q	Answer Key	Score
I-A-1	Lack of sleep among children is under investigation because it is a growing problem among students. In addition, it reduces their concentration in schools. <b>(one reason is enough)</b>	01
I-A-2	Parents are held responsible because of their inability to detect the early signs of the problem, one of which is sleep disorders. Also, parents do not supervise their children when they use their mobile phones and tablets and do not restrict their access to such devices at night. <b>(0.5 for the answer that parents are responsible and 0.5 for one correct reason)</b>	01
I-A-3	Parents fail to control their children's access to technology because children are more expert in using the social media than their parents, and they move among different apps so quickly and skillfully. Schools, too, find it difficult to deal with the same issue because children are clever enough to sidestep all the rules of safety set by schools. <b>(0.5 for each)</b>	01
I-A-4	Both the schools and the government <u>are not playing a satisfactory role</u> (their <u>role is not very effective</u> ) as shown by Tyler and Layard (or <u>they want them to implement more practical measures/steps</u> ). According to Tyler, schools should hire technology specialists to monitor students' use of social media and provide proper advice to parents about dealing with their children regarding this issue. As for Layard, he suggests that the government should introduce meditation classes to help students deal with their addiction to social media. <b>[0.5 for the answer and 0.5 for the justification (0.25 for Tyler and 0.25 for Layard)]</b>	01
I-B-1	Timpson is <u>blaming</u> and <u>anxious/ worried/ concerned</u> . First, he blames students for using their mobile phones and tablets at night instead of getting enough sleep time. Also, he is worried because he describes sleep deprivation as a "big issue". <b>(0.5 for each tone with its justification)</b>	01
I-B-2	First, the writer uses <b>repetition of key words/terms</b> because in the topic sentence he uses the word "school" and "mobile phones", and then he uses the words "phones" and "schools" twice to keep his ideas linked. Second, he uses <b>pronouns</b> : "who", "I" and "she" to replace "Devon" and "they" and "them" to replace "children". Also, he uses simple past tense most often ( <b>consistency of verb tense</b> ): "said", "went", "removed", and "handed". <b>(two devices are enough; 0.5 for each with examples)</b>	01

<b>I-B-3</b>	The thematic relation is problem-solution. In Paragraph 7, the writer presents the problem which is the inability of adults to follow the fast pace of technology and its development. Then in Paragraph 8, he suggests to hire experienced people in schools in order to deal with the problems of social media and to support the children. <b>(0.5 for the identification and 0.5 for the explanation)</b>	<b>01</b>
<b>I-B-4</b>	The writer concludes his selection by calling parents and/or schools to become fully aware of the dangerous situation because the majority of children (75%) who suffer from psychological problems are not given the attention required. In addition, he calls for an immediate action or change to solve the problem.	<b>01</b>
<b>I-C</b>	The table entitled “ <i>Reasons behind Children’s Mental Health Problems</i> ” presents the reasons behind children's mental health disorders. The percentages show that “social media” scores the highest with 81%, and directly after it comes “body image” with 69%. Then the percentages decrease with “schoolwork” and “school environment”, with 49% and 33% respectively. The reason that comes in the lowest rank is “parent-children gap”, which scores 29%. Thus, the table reveals that social media is the main reason behind children’s mental illness.	<b>01</b>
<b>I-D-1</b>	extensive	<b>0.5</b>
<b>I-D-2</b>	tackle	<b>0.5</b>
<b>I-D-3</b>	pitfalls	<b>0.5</b>
<b>I-D-4</b>	sorts	<b>0.5</b>
<b>I-E-1</b>	“that” refers to the idea that children are not getting enough sleep	<b>0.5</b>
<b>I-E-2</b>	“it” refers to mindfulness	<b>0.5</b>
<b>II-A</b>	Content and organization	<b>3.5</b>
<b>II-B</b>	Language and style	<b>3.5</b>
<b>II-C</b>	Tidiness and handwriting	<b>01</b>