

GLS/C/930-24

CIRCULAR

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NEWSLETTER –SCREEN TIME AND TECHNOLOGY BOUNDARIES

Dear Parents,

We are thrilled to present the tenth edition of our newsletter for parents-**Insights**. As always, our aim remains steadfast: to nurture a collaborative partnership with you, esteemed parents, in shaping the holistic development of our students.

In this edition, we are focusing on the topic – **‘Screen time and technology boundaries.’**

In today’s digital age, technology has become an integral part of everyday life, offering countless opportunities for education, entertainment, and social connection. However, for children, excessive or unregulated screen time can lead to challenges such as disrupted sleep, reduced physical activity, and impaired social development. Balancing the benefits of technology with its potential drawbacks requires setting clear and consistent boundaries. Establishing healthy screen time habits not only promotes children’s overall well-being but also encourages them to develop a mindful relationship with technology that can support their growth and learning in the long term.

To access detailed information and valuable insights on this important topic, please click: [Newsletter-Screentime and technology boundaries.pdf](#). If you're unable to access the link, please find the newsletter attached.

Together, let us embark on this journey of learning and growth, as we strive to empower our students for success and leadership.

Thank you for your continued support.

Warm regards,



Asha Alexander
Principal

Executive Leader - Climate Change

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مديرة المدرسة

الرئيس التنفيذي - تغير المناخ