



**HABITAT SCHOOL**  
**AL JURF, AJMAN**

**Nurturing Student Well-Being and Healthy Screen Time**  
**KG1 to Grade 4**

**Circular No: HB/AC/24.25/44**

**Dated: 29/06/2024**

Dear Parents  
Greetings!

As we approach the much-anticipated summer break, we understand how challenging it can be to balance the demands of daily life while ensuring our children are engaged and growing in positive ways. At Habitat School, Al Jurf we believe that parents, apart from teachers, play a crucial role in shaping the children's behaviour, character, and overall development. This summer, we urge you to take a mindful approach to how your children spend their time, especially regarding screen time.

In our fast-paced world, it's easy for children to gravitate towards gadgets, often spending more time in front of screens than we'd like. However, besides understanding the impact of screen time on young minds, the research shows that excessive screen time can lead to various issues, including aggression, social anxiety, sleep disturbances, and hyperactivity.

We have attached a link below to "**Guidelines for Parents to Understand Screen Time and Its Impact on Children.**"

- [Please Click Here](#)

By following these guidelines and choosing appropriate content, we can help our children develop healthy habits and limit their screen time.

This summer, let's work together to ensure our children have a balanced and enriching experience. We encourage you to engage with your children, monitor their screen time, and provide them with other activities that foster creativity and learning.

**Principal**  
**Bala Reddy Ambati**