



From the Headmistress's (Pre Primary) Desk....

**MONITORING AND SUPERVISING THE USE OF MOBILE PHONES
AND OTHER ELECTRONIC DEVICES**

Dear Parents,

In this age of technology, it has become increasingly important to strike a balance between the benefits of digital devices and the wholesome growth of our children. While interacting with the students on a day to day basis, it has been observed that some students have become very aggressive and impatient (while the teachers try and stop them from doing something), or they have picked up certain accent and vocabulary that is not age appropriate, or at times they are not able to pursue an activity taken up by the class teachers. All these observations led us to deeply introspect and reflect on the probable reasons for this change in the behaviour pattern. Excessive screen time seems to be one of the most important contributors.

At Bal Bharati Public School, Noida, we believe in nurturing a conducive learning environment both within the school premises and back home. With this goal in mind, we kindly request your cooperation and support in carefully monitoring and supervising the use of mobile phones and other electronic devices for our 3 to 4 year olds while they are at home. Research has shown that excessive screen time can have a negative impact on the child's cognitive, socio emotional, and physical development during the crucial formative years.

A few pointers are given below for understanding the negative impact of excessive screen time:

Brain Development: Excessive screen time can hinder the development of essential cognitive skills and may impede imaginative thinking and problem-solving abilities among children.

Physical Health: Extended periods of screen time can lead to sedentary behavior, affecting the child's physical health, particularly weak eyesight and potentially contributing to issues such as weight gain and lethargy.

Social Skills: Young children learn best through real-life interactions. Reduced screen time can provide more opportunities for meaningful interactions with family members and peers, aiding in the development of social skills.

Quality Family Time: Limiting screen time encourages families to engage in activities together, promoting bonding and emotional well-being.

To support these objectives, we suggest the following to our parents:

Set Screen Time Limits: Limit your child's daily screen time to a reasonable duration. This includes both educational and entertainment content.

Engage in Alternative Activities: Encourage your child to participate in a variety of activities that promote physical, social, and cognitive development, such as outdoor play, reading, drawing, and imaginative play.

Model Behavior: Children often learn by observing their parents and caregivers. By demonstrating responsible screen usage, we will set a positive example for our children.

Explore Educational Content: When allowing screen time, prioritize educational and age-appropriate content that can enhance our children's learning experiences.

We understand that technology is an integral part of our lives, and there may be circumstances where screen time is necessary. However, we urge you to be mindful of its impact and to prioritize your child's overall development. In case you feel that your child has got addicted to screen and throws tantrums, showcases acute anxiety, or stops eating, it's time for a digital detox. If you have any questions or concerns, please do not hesitate to reach out to the respective Class Teachers or HM (PP) for any kind of support or intervention required.

Together, we can create an environment that fosters holistic growth and ensures the well-being of our youngest learners.

Warm regards,

Sarika Passi
Headmistress (Pre-Primary)

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