



INDIAN SCHOOL MUSCAT
PO Box: 2470, Ruwi, P.C. 112
Sultanate of Oman



ISM/PRN/028/2021-22

12th May 2021

CIRCULAR TO PARENTS OF THE SCHOOL (STD IX to XII)

How to Help Students from Screen Time

Dear Students and Parents,

Greetings from Indian School Muscat!

Schools and family are important social units which anchor the health and well-being of all individuals. Schools have the prime responsibility to promote and optimize the physical, social and also the mental health of students. The emerging challenges have necessitated that the schools also shift the focus to the psychosocial needs of students and take care of the overall wellbeing. Identification and Prevention can essentially create safe ecosystems.

In this direction, the schools are being run virtually and the students are getting their education through gadgets due to the pandemic. The time spent with these gadgets needs to be streamlined and beneficial. It should not cause negative impacts on the children. The children need to be educated how to use these gadgets judiciously without affecting their physical, social and mental health.

We are pleased to inform you that the counselling department of our school will conduct an online session on '**How to help students from screen time**'. The session will impart information on effective utilization of online classes, points to deal with the fatigue arising out of excessive and Covid-19 pandemic imposed screen time usage and tips to overcome gaming addiction.

The session is scheduled on **Tuesday, 18th May 2021** as follows:

Classes IX & X	6.00 p.m. to 7.00 p.m.
Classes XI & XII	7.30 p.m. to 8.30 p.m.

The meeting link will be shared with you in your class groups on the day of the session. All students are requested to make use of this session to overcome all difficulties arising out of the excessive use of screen time.

With Best Wishes,



Dr Rajeev Kumar Chauhan
Principal