

**Screen-Free Day Initiative**

**Dear Parents,**

To encourage a healthy, balanced and joyful lifestyle for our students, parents and teachers, we are pleased to introduce a **Screen-Free Day** on the **1st Sunday of every month**. This thoughtful initiative aims to inspire children, parents and teachers to move beyond screens, explore meaningful activities and develop positive, lifelong habits that support their overall well-being.

In today's digital age, increased screen exposure through social media, binge watching and excessive mobile usage is gradually impacting children's reading habits, creativity and personal interactions. Understanding the academic responsibilities of students and the busy schedules of parents, it has become essential to consciously set aside time to reconnect with ourselves and our families.

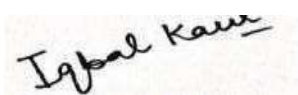
On this day, we encourage all students, family members and teachers to:

- **Avoid social media and unnecessary mobile usage**
- **Avoid binge watching and prolonged screen time**
- **Engage in reading, creative hobbies, outdoor play and family bonding**

**“Let us come together to take this meaningful step and dedicate one day each month to mindful living, stronger connections and overall well-being.”**

**We sincerely appreciate your support and cooperation in making this initiative successful.**

Regards,



**Principal**