



# Monthly Health Newsletter

## April Edition

### Topic: Screen Time & Eye Health - Creating Healthy Digital Routines

Dear Parents,

Greetings from the School Medical Team!

In this digital era, screens have become an essential part of our children's learning journey. From virtual classrooms to educational games and research, digital devices are invaluable tools. However, prolonged screen time can affect eye health and overall well-being. This month, we focus on promoting smart screen habits to ensure our digital learners stay healthy and comfortable.

#### **Common Signs of Digital Eye Strain**

Be on the lookout for these signs in your child:

- Complaining of tired or burning eyes
- Squinting or rubbing eyes frequently
- Difficulty concentrating during or after screen time
- Frequent headaches
- Blurred or double vision
- Restlessness or poor sleep quality



## ☀️ Simple Ways to Protect Young Eyes

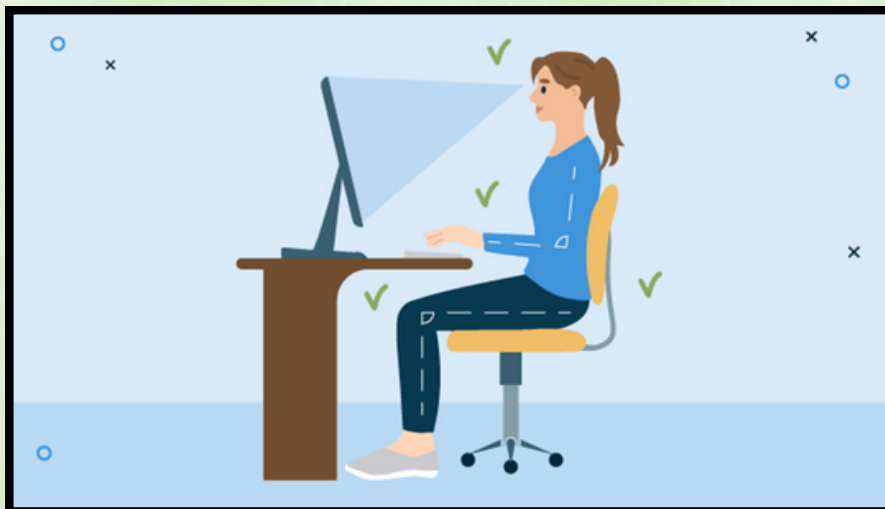
Here are some parent-approved tips to help keep screen time healthy and productive:

### 🧠 Teach the 20-20-20 Rule



Every 20 minutes, look at something 20 feet away for 20 seconds.

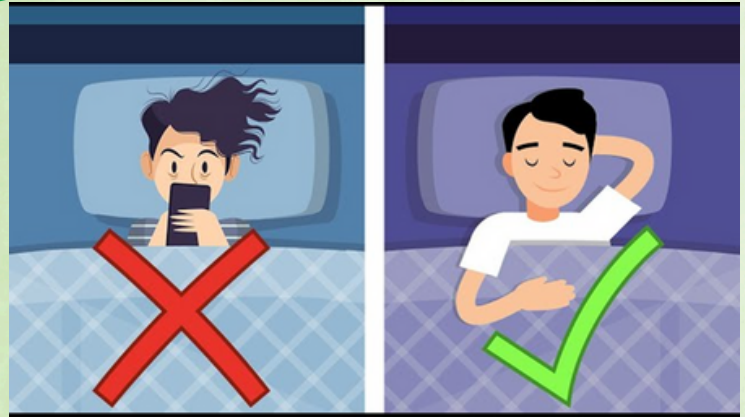
### 💻 Set Up a Screen-Friendly Workspace



Keep screens at eye level and ensure lighting is soft to reduce glare.

## Digital Curfew the day.

Turn off all devices at least 1 hour before bedtime to improve sleep.



## Encourage Outdoor Play

Natural light and fresh air are great for eye health and overall well-being.



## Hydration and Blinking

Remind children to blink often and drink water throughout the day.

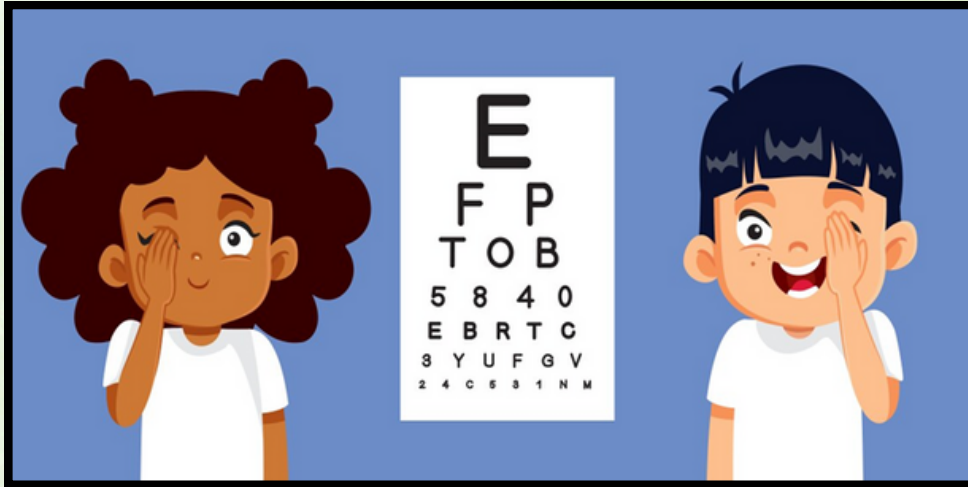


## Limit Recreational Screen Time

Balance screen activities with hobbies like reading, drawing, or board games.



## 👤 Healthy Eyes Today, Brighter Futures Tomorrow



Regular eye check-ups are essential, especially if your child is showing signs of strain. Good vision is key to learning, playing, and growing with confidence.

Let's work together to create a digital environment that supports **not just academic growth, but lifelong health.** **Stay safe and screen smart!**

Warm regards,  
The Medical Team  
DPS Modern Indian School