MATRUSRI DAV PUBLIC SCHOOL
MATRUSRI NAGAR COLONY, MIYAPUR, HYDERABAD-500049
CIRCULAR: MDAVPS/HYD/2026-27/CIR NO: 06 **Ph. No: 040-35536052/70**
Email: davmiyapur@gmail.com;kavalli.r@gmail.com

Dear Parents, **Date: 09.09.2026**
Namasthe.

It has been observed that many students are spending considerable amounts of time playing online games, including multiplayer and battle-royale games such as Free Fire, Roblox, and similar gaming applications.

While gaming, when done in moderation and in an age-appropriate manner, can be a source of recreation and entertainment, excessive gaming and prolonged screen use may negatively affect a child's academic performance, physical health, emotional well-being, sleep, and social development.

Some concerns associated with excessive gaming and screen time include:

- Reduced concentration and attention towards studies and other activities.
- Irregular or inadequate sleep, resulting in tiredness and reduced alertness.
- Increased screen exposure, which may contribute to eye strain and reduced physical activity.
- Difficulty managing time and maintaining a healthy daily routine.
- Development of unhealthy or compulsive gaming habits.
- Exposure to inappropriate content, language, advertisements, or interactions with unknown individuals online.
- Increased irritability, frustration, stress, or difficulty managing emotions.
- Reduced opportunities for face-to-face interaction, outdoor play, and other constructive activities.

Parents are requested to:

1. **Monitor screen time:** Keep track of how much time your child spends on phones, computers, television, and gaming devices. Set limits based on the child's age, daily routine, and needs.
2. **Set clear gaming rules:** Decide when and how long your child can play games. Make sure gaming does not interfere with studies, sleep, meals, exercise, family time, or other responsibilities.
3. **Encourage outdoor activities:** Encourage children to spend time playing outdoors, participating in sports, exercising, and enjoying other physical activities.
4. **Promote other hobbies:** Encourage children to read books, draw, make crafts, play music, and take part in other creative and useful activities.
5. **Choose suitable games and content:** Help children select games and online content that are appropriate for their age. Use parental controls and privacy settings when needed.
6. **Teach online safety:** Talk regularly with children about safe and responsible use of the internet. Teach them about protecting personal information, cyberbullying, and the risks of talking to strangers online.

7. **Avoid gaming at bedtime:** Do not allow children to use gaming devices late at night. If possible, keep phones, tablets, computers, and gaming devices in common areas instead of bedrooms.
8. **Watch for changes in behaviour:** Pay attention to changes in your child's sleep, mood, behaviour, school performance, or relationships. Take extra care if the child finds it difficult to stop gaming or becomes very upset when asked to stop.
9. **Maintain open communication:** Talk to children calmly and positively about healthy technology use. Listen to their concerns and help them understand why limits are important.
10. **Be a good example:** Parents should also follow healthy screen habits. Spending time together without devices and following agreed family rules can help children develop balanced technology habits.

The school strongly believes that technology, when used responsibly, can be a valuable part of a child's learning and development. Our aim is not to discourage technology or recreation, but to help students develop healthy, balanced, and responsible digital habits.

We seek your kind cooperation in guiding and supporting our students to maintain a healthy balance between academics, recreation, physical activity, family time, social interaction, and adequate rest.

Together, the school and parents can create a safe and supportive environment that promotes the holistic development, well-being, and responsible digital citizenship of our children.

Thank you for your continued support and cooperation.

With warm regards,

K. Anandavalli

(K. ANANDAVALLI)
PRINCIPAL
MATRUSRI DAV PUBLIC SCHOOL,
MATRUSRI NAGAR, MIYAPUR, HYDERABAD.

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