

15th October 2026

Dear parents and carers,

I am writing to you today about something that comes up regularly in my conversations with teachers, parents, and students and that I suspect is a live issue in most households: how much time our young people are spending on screens, and what it is costing them.

I want to be careful here. This is not about panic, and it is not about technology being all bad. Devices are part of your child's learning, and they are part of modern life. But there is a growing and consistent body of evidence that the way adolescents are currently using screens, particularly phones and personal devices, and particularly in the evenings and overnight, is affecting their sleep, their concentration, their emotional regulation, and their wellbeing in ways that matter.

At St Brendan's Primary School, we are taking this seriously. We are making changes to how devices are used during the school day. But we know and the evidence is clear that what happens at home matters just as much, if not more.

So this term, we're going to do something a little different. Rather than send you a single document and hope for the best, we're going to share a short series of notes across the term each one brief, each one practical, and each one building on the last. We have called the series **Screens, Space & Your Family.** The first will be with you next week.

The series will not lecture you, and it will not assume you have been getting this wrong. It will share what we know, suggest some things to try, and give you language and strategies for what, in our experience, can be genuinely difficult conversations at home.

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ST BRENDAN'S SCHOOL
WITH FAITH & COURAGE
SHEPPARTON
143 - 149 KNIGHT STREET, SHEPPARTON 3630
PH 03 5821 1926 | FAX 03 5821 0804 | EMAIL: principal@sbshepparton.catholic.edu.au

For now, I simply ask that you come to it with an open mind. What we are trying to do together, school and family, is give your child more of their own life back. More sleep. More presence. More of the things that only happen when a screen isn't in the way.

If you have questions or want to talk before the series begins, please don't hesitate to reach out.

With warm regards,



Joel Brian
Principal

What's coming across the term

Five short communications, each with one new idea to try:

1. **First steps** — simple changes to device location and access at home
2. **The household curfew** — one rule that makes everything else easier
3. **The science** — why this matters specifically for the teenage brain
4. **When it gets hard** — practical strategies for pushback and resistance
5. **Getting ready for Term 1** — building habits across the summer that stick