



MARONITE COLLEGE OF THE HOLY FAMILY NEWSLETTER

23-25 Alice Street, Harris Park, 2150

Tel: 9633 6600 Fax: 9689 1662

Term 4 – Week 6: Friday 22nd November 2019

MESSAGE FROM THE PRINCIPAL

We congratulate Mr Hassarati who was ordained as a Deacon in our Maronite Catholic Church on Saturday 2nd November 2019 at St Maroun's Cathedral, Redfern. Mr Hassarati was one of three sub-deacons ordained by Bishop Antoine-Charbel Tarabay. Congratulations to Mr Hassarati and his family.

We keep in our thoughts and prayers all those who have been affected by the recent fires that have broken out across NSW and the country. We pray for the firefighters who risk their lives to save others.

Today the students in Years K-6 participated in celebrating Mass for Lebanon. Activities were enjoyed by all in particular the mufti day where the students came dressed in the colours of the Lebanese flag. We pray for peace to prevail in Lebanon always.



Prayer for Peace in Lebanon
Come Jesus, Come!
We long for the peace you offer,
when our lives do not go as we planned,
when conflict invades our daily lives,
when we see the world we live in
torn apart by violence and war;
and we feel powerless
to accept,
to change,
to act,
to help.
Amen



Tonight the students, staff and parents will be celebrating the Year 12 Formal. This marks the final event in the Year 12 Calendar. We wish them all the very best in their future endeavours.

Sr Irene Boughosn
PRINCIPAL

HEAD OF PRIMARY MESSAGE

The use of Social Media and online safety has been discussed many times throughout the year. As we approach the longest break of the school year, I thought it would be timely to remind parents of the dangers associated with the online world. Technology is often an easy way to occupy a restless or bored child at home, but it is essential that all children are closely monitored when using any device, especially phones and iPads. Child safety

whilst online and the effects the amount of screen time has on a child's wellbeing, are two important things to remember when allowing children to use technology.

The eSafety Commissioner recommends seven steps to assist children when entering the digital world so that any risk they may encounter can be minimised. As parents or guardians, you should endeavour to always:



1. Be involved
2. Work with your child to set boundaries for screen use
3. Be clear about the consequences of not switching off
4. Set device-free zones and times in the house
5. Ask your child to explain their screen use
6. Use tech tools to help manage access
7. Lead by example

These recommendations are explained in detail in the attached flyer. Further information can be located at www.esafety.gov.au/parents

Lebanon Independence Day

Today MCHF celebrated Lebanon Independence Day. We began with a beautiful Mass for Lebanon which was prepared by Sr Cynthia, Year 5 teachers and Arabic staff. It was a wonderful celebration which concluded with a lovely reflection by the students. The choir led by Mrs Chalhoub and Sr Marlene, did an outstanding job as always. The celebrations continued throughout the day with a barbeque lunch at the College hosted by our Parent Association. A variety of food was on offer and the students certainly enjoyed the beautiful cupcakes that were made especially for the day. A big thank you to Mrs Mary Bechara and her team, for all the preparation that went into this event. A great day was had by all.



Christmas Concert

The MCHF Annual Primary Concert, 'Christmas: Christ is Born' will be held on Wednesday 27th November 2019. There will be a morning and evening performance on the day. If you have not yet secured your tickets, there is still time. Please make enquiries at the College Office before seats sell out.

Morning Performance	Doors open at 9am for a 9:30am start
Evening Performance	Doors open at 6pm for a 6:30pm start
Cost:	\$10 per ticket

Staff Professional Development

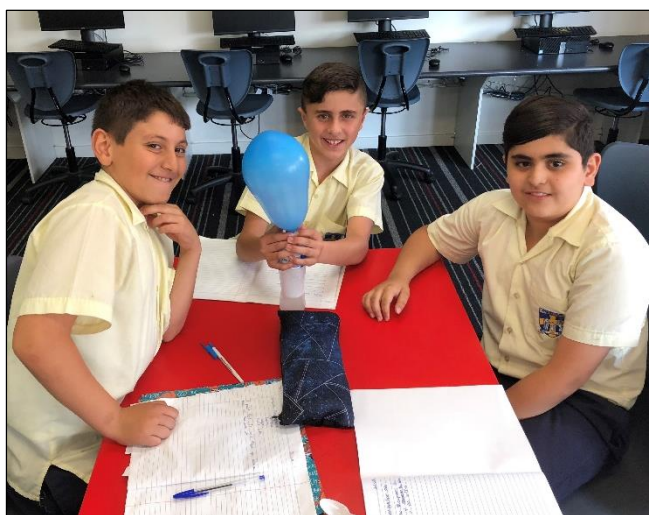
Each week all teachers in the Primary Department participate in Professional Learning Meetings so that they can expand their knowledge and keep up to date with current educational practice. These meetings are paramount to ensure our students receive the targeted learning that they require and develop the skills of a 21st Century Learner. Our learning this week focused on the new PDHPE Syllabus which is to be implemented at the start of next year. This new syllabus aims at providing students with opportunities to enhance their own and others' health, safety, wellbeing and participation in physical activity. Students will also develop self-management, interpersonal and movement skills to become empowered, self-confident and socially responsible citizens.

Year 6 Graduation

Our Year 6 students will graduate next Friday 29th November. The day will begin with a special mass held in their honour, followed by the Graduation Ceremony which will take place in the Primary Hall. A reminder that the invitation to the ceremony is limited to two guests per family due to limited space.

Year 5 Science and Technology

This term, Year 5 students have been learning all about the 'Living World' which involved conducting a variety of experiments. This week's experiment focused on chemical reactions. Students had to follow a set procedure that involved mixing vinegar and baking soda together which caused a chemical reaction. Students were required to make predictions and then record their observations through the use of notes and labelled drawings/illustrations. The reaction created carbon dioxide gas that expanded up and out of the bottle and inflated the balloon.



Library Borrowing

A reminder that library borrowing has now ceased for the year. Can we please ask that all books are returned as quickly as possible so that the end-of-year procedures that need to occur in the Learning Centre can begin. This will ensure that all the books are back on the shelves and ready for borrowing at the start of the 2020 school year.

Uniform

As we approach the end of the year, it is important that students continue to comply with uniform expectations. This also includes having appropriate haircuts and wearing suitable accessories. Boy's hair must be cut in a neat and tidy manner with no steps or permanent parts. There should be no visible gel or hair products and the hair cannot be spiked up. Girls must have their hair tied up if it is longer than shoulder length. They are to use hair ties and headbands that are either navy blue or yellow. No student is to colour their hair. We would appreciate parent assistance in ensuring that the College Policy is adhered to by your child at all times. If you have good reason why your child is not in correct uniform, we kindly ask a note be written and sent to the class teacher.

Visiting Student Teachers

Throughout the year, MCHF welcomes student teachers from the Australian Catholic University to come and develop their teaching skills in a classroom setting. Whilst here, they are guided by their supervising teachers who assist them in leading small group activities and whole class lessons. This is not only a valuable experience for the student teachers but also for the classes they are teaching as well.

Christmas Raffle

The College's Parent Association are holding their annual Christmas Raffle with an array of exciting prizes to be won. It is an opportunity for our students, staff and wider community to join in the excitement and spirit of Christmas. The Christmas Raffle will be drawn at the Primary End of Term Awards Assembly on Thursday, 5th December 2019. Raffle Ticket books and an accompanying note outlining details was sent home yesterday. Raffle books and money should be returned to your child's classroom teacher in a sealed envelope by Monday 2nd December, 2019. Any unsold tickets also need to be returned by this date.

End of Term Assembly

The Primary End of Term Awards Assembly will be held on Thursday, 5th December. We look forward to seeing

at our final assembly for the year.

Changes to Applications for Approved Leave – Travel

From the beginning of 2020, any student intending to take leave for a period of 5 days or more during the school term, must complete an application form in order to obtain Principal approval.

Mr D. Day

Head of Primary

HEAD OF SECONDARY MESSAGE

2019 College Theme

To Love – *“Spread love everywhere you go. Let no one come to you without leaving happier.”*

St Teresa of Calcutta

Term 4 Focus

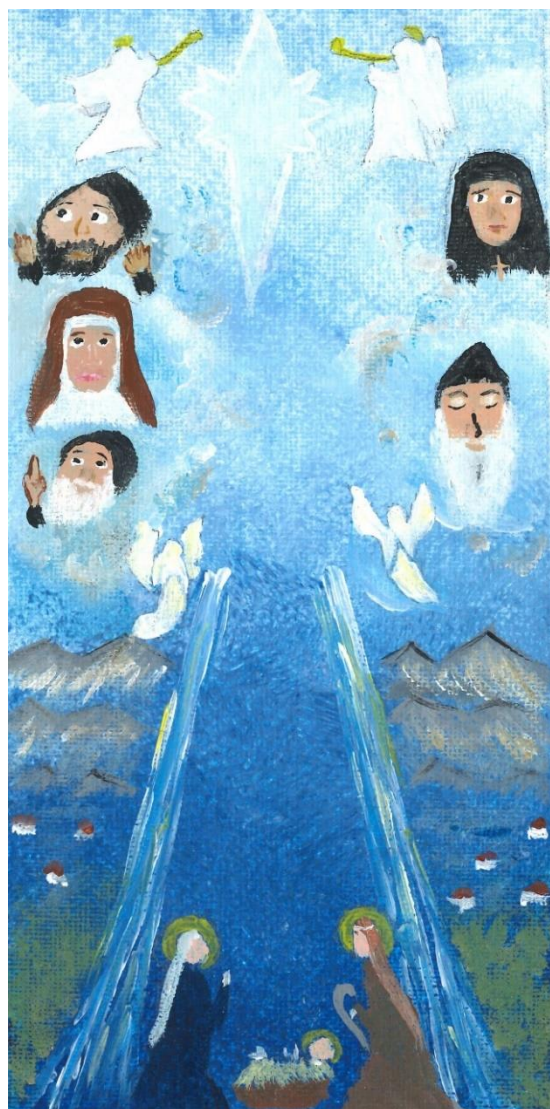
Love for Self – “What can I do to be a better person?”

Final Weeks Expectations

We are at the stage where examinations have completed and we are preparing to wind down towards the end of the academic year. However, I must remind our parents/guardians that College policies and expectations must continue to be adhered to until the student’s last day. This includes uniform, grooming, behaviour and attendance. Classes are continuing to complete course requirements and the College expects all parents/guardians and students to adhere to these requirements.

The Bishop’s Christmas Card Competition 2019 Winners

As part of our Year of Maronite Spirituality, Bishop Antoine-Charbel Tarabay invited all Maronite students, from year 6 to year 10 to enter the 2019 Christmas Card Competition. Students were invited to draw or paint a Christmas scene inspired by our Maronite spirituality, depicting the Holy Family at Christmas. A panel of Judges from participating schools together with the Bishop examined all entries and the College is proud to announce that Grace Sleiman (Year 9) was the winner of the competition. Her artwork will be printed onto the Bishop’s 2019 Christmas Cards with her name, year and the College name printed on the card. *Pictured right*



Changes to Applications for Approved Leave – Travel

Commencing from 2020, the minimum days to apply for approved leave – travel has changed to 5 days instead of 10 days. Any student who wishes to apply for approved leave – travel for 5 days or more commencing in 2020 must complete an application form.

Year 12 Formal

Our Year 12 students formally conclude their senior years at the College with the celebrations at the Formal at Lantana Venue on Friday 22nd November 2019.

Year 11, 2020 Taster Lessons

On Monday 25th November 2019 until Thursday 28th November 2019, our year 10 students will be completing a four-day programme where they will get a ‘taste’ of the senior courses they will be completing in 2020. The lessons are compulsory for students. Failure to attend the lessons will jeopardise the student’s place in that course for next year. Please refer to the letter sent with all the details and information.

Lebanon Independence Day Celebrations

On Friday 22nd November 2019, the College celebrated Lebanon Independence day with the Parent Association's lunch stall as well as entertainment at lunch time. The staff also enjoyed a Lebanese morning tea.



Vinnies Social Justice Day at ACU

Members of the Student Leadership Team, Charlene Sabat, Rafka Semaan and Lara Chamoun, attended a vinnies social justice day event at ACU accompanied by Mr Julius. The day included various forums, workshops and an opportunity for the students to collaborate with our student leaders from other schools.

Student Leaders Visit Parliament House

On Wednesday, the Year 12 leadership team along with Mr. Julius were invited by the Honourable Dr. Geoff Lee to attend Question Time at the NSW Parliament House. They were given the opportunity to view and gain some insight into the role of Parliamentary Members in discussing imperative topics on their responsibilities over the wellbeing of New South Wales. – Robbie El-Bazouni

Mr E. Asmar
Head of Secondary



DATES TO REMEMBER

- Primary Concert (6:30-8:30pm) - Wednesday 27th November
- Year 6 Rewards Day at the Aquatic Centre - Thursday 28th November
- School concludes for Year 6 students- Friday 29th November
- Secondary Expo Extravaganza (6pm) - Tuesday 3rd December
- Secondary Sports Day - Thursday 5th December
- **SCHOOL CONCLUDES - Friday 6th December**
- **First day of Term 1 (2020) for Years 1-12 students – Thursday, 30th January 2020**
- First day of Term 1 (2020) for Kindergarten – Monday, 3rd February 2020 (Half Day)

★★★ CONGRATULATIONS ★★★

All Rounder Awards – Sirat Kaur, Elizabeth Azzi (Kindy) - Heidi Farah, Danny Taouk, Joseph Tatian, Patrick El-Katrib, Bernard Katrib, Maribelle Debs (Year 3) - Julien Nabhan (Year 4) - Leana Dib, Patricia Harb, Luciana Dib, Elie Joukhadar, Chanelle Mekary, Maria Ebeed (Year 9) – Ibrahim Fakhri, Christopher Makdessi, Antonella Yaacoub (Year 11)

Bronze Awards – Julianna Fenianos, Summer Moujalli, Mariah Elia (Kindy) - Bella Souccar, Mariah Tannous (Year 1) - Rafqa Bousijaan (Year 2) - Lucas Dahdah, Charbel Ishak, Rita Hadidi (Year 3) - Charbel Semaan (Year 4)

Silver Awards – Mia Mejalli, David Kozah, Brendan Bazouni, Yassmeen Dayoub (Kindy) - Christian El Khoury, Marie Youssef, Ella Souccar, Charlize Nohra, Nicolas Atie (Year 1) - George Merheb, Tony Daher, Jonathon Ishac (Year 2) - Mia Kerbaj (Year 3) - George Saba (Year 4)

Principal's Award – Elissa Harb, Gabriel Bou Assi (Kindy) - Olivia Tawk, Sophia Ghabache, Gianno Sleiman Jazz Sleiman (Year 1) - Maribelle Abdulahad (Year 3) - Mykal Abdou, Sarkis Youssef, Elie Ghannoum, William Taouk (Year 4)

THIS AND THAT

Year 9 STEM excursion to UTS STEM Day – And what a fantastic day they had!



PARENT CORNER

Many thanks to our Expo/Concert Sponsors –



www.ibcorp.com.au
Danny Ibrahim 0414 920 920



Petit Jardin Couture specialises in creating your dream Christening gown and baby couture outfits for your child's cherished milestones



Visit our online store www.petitjardincouture.com
Call to arrange an appointment
0404 059 006
info@petitjardincouture.com



@petitjardincouture



@petitjardinenfantcouture

Follow us on the latest products & promotions
"All MCHF parents will receive 10% off Christening gown orders"

SPONSORSHIP PACKAGES

2019 MCHF EXPO!



SILVER	GOLD	PLATINUM
\$100	\$200	\$500
x2 Expo tickets	x4 Expo tickets	x6 Expo tickets
Business name and logo featured in Expo program (1/4 page)	Business name and logo/ advertisement featured in Expo program (1/2 page)	Business name and logo/ advertisement featured in Expo program (full page)
Social Media recognition- shared post (Facebook, Instagram and LinkedIn)	Social Media recognition- shared post (Facebook, Instagram and LinkedIn)	Social Media recognition- individual post (Facebook, Instagram and LinkedIn)
1/4 page advertisement in MCHF weekly newsletter (Term 1, 2020)	1/4 page advertisement in MCHF weekly newsletter (Term 1 and 2, 2020)	1/2 page advertisement in MCHF weekly newsletter (Term 1-4, 2020)
Recognition of sponsorship on MCHF electronic board (part screen)	Recognition of sponsorship on MCHF electronic board (part screen)	Recognition of sponsorship on MCHF electronic board (whole screen, including business logo)
Recognition of sponsorship on MCHF Pre-Expo Fun Day (including recognition in letter to parents)	Recognition of sponsorship on MCHF Pre-Expo Fun Day (including recognition in letter to parents)	Recognition of sponsorship on MCHF Pre-Expo Fun Day (including recognition in letter to parents)
Recognition on screen and thank you announcement of sponsorship during MCHF Expo night	Recognition on screen and thank you announcement of sponsorship during MCHF Expo night	Recognition on screen and thank you announcement of sponsorship during MCHF Expo night
		Pamphlets distributed during Expo night

With the School holidays fast approaching please remember to follow the 5 simple steps for sun safety -

1. Slip on sun protective clothing that covers as much of your body as possible.
2. Slop on SPF 30 or higher broad-spectrum, water-resistant sunscreen, at least 20 minutes before sun exposure. Reapply every two hours when outdoors or more often if perspiring or swimming.
3. Slap on a broad-brimmed hat that shades your face, neck and ears.
4. Seek shade.
5. Slide on sunglasses.

Younger children would enjoy the message from Sid the Seagull found on the link below;

<https://www.sunsmart.com.au/tools/videos/current-tv-campaigns/slip-slop-slap-see-slide-sid-seagull.html>

The Following items will be on SALE at the College for 2020

Dates and times are as follows:

Thursday, 5 December **8.30-9am**

Friday, 6 December **8.30-9am**

Monday, 9 December **8.30-3pm**

Tuesday, 10 December **8.30-3pm**

Thursday, 12 December **8.30-3pm**

Friday, 13 December **8.30-3pm**

Thursday, 23 January **8.30-2pm**

Friday, 24 January **8.30-2pm**

Item	Cost
Bucket Hat	\$10
Brimmed Hat	\$15
Small Bag	\$50
Large Bag	\$60
Library Bag	\$10

Year	7	8	9	10	11
Arabic Books	\$60	(carried on from Year 7)	\$40		
Art Kits	\$55		\$95	\$95	\$95
Casio Calculator	\$30	\$30	\$30	\$30	

PASS			\$35	\$35	
Bible	\$25 - ONLY 1 Bible necessary for Years 7-10				
Jacaranda Bundle	\$155 (includes the Religion ebook & PDHPE Workbook)				



CHRISTMAS RAFFLE PRIZES

PS4 Console
 9ct Pendant white & black cubic zirconia (\$399)
 \$50 EB Games gift card
 \$50 JB Hi Fi gift card
 2x \$50 gift vouchers for 5 Loaves Café
 2x \$50 vouchers to use at Chataura Dairy Products
 Variety of Lollipop family passes
 Code Red laser passes
 Bowling & Laser passes from Zone
 Family pass to Ultimate Family Entertainment Centre
 Ladies handbag and Swarovski bag charm
 Prayer wooden cross
 Minion gift
 Craft Hamper
 Games
 Chocolate Tray

*Each family will receive a book of 10 tickets next week. Each ticket is \$1.
 Any Secondary students wishing to purchase tickets can do so at the Main Office.*

IN CELEBRATION OF **THE YEAR OF MARONITE SPIRITUALITY**
 THE MARONITE EPARCHY OF AUSTRALIA PRESENTS

HALLOWED BE THY NAME

A Maronite Spiritual Concert

FEATURING **JOUMANA MDAWAR**
 WITH **JOSEPH KHALIFÉ**, COMPOSER

ON **FRIDAY 6 DECEMBER 2019 AT 8PM**
OUR LADY OF LEBANON CATHEDRAL
 HARRIS PARK

Free Event
 For any information, please contact the
 Maronite Chancery on 02 8831 0000

Proudly Sponsored by:



COMMUNITY HUB

Health talks with the Hub group



If you are interested in joining the Community Hub family, or would like more information,
 please contact **AFRAH HADDAD**, Community Hub Leader.

Tuesday, Wednesday, Thursday, and Friday

Mob: 0401451686

Email: ahaddad@mchf.nsw.edu.au

ADVERTISEMENTS



FEARLESS MARTIAL ARTS

- ✓ **High energy Taekwondo classes**
- ✓ **Experienced, qualified instructors**
- ✓ **Specialised classes for all abilities**
- ✓ **Learn self defence, gain confidence**
- ✓ **Earn your Black Belt, be a champion!**

UNIT 5, 187 FAIRFIELD RD GUILDFORD

Call us: 0415 663 966



facebook.com/fmataekwondo



School Readiness & K-6 Primary Tutoring

Is your child starting school in 2020/2021?
Will your child benefit from explicit literacy and numeracy tutoring sessions?

Contact: admin@thelearningspot.com.au

1/81-83 Hibiscus Street, Greystanes
0481 822 142 (Stephanie Manolacos & Danielle Taouk)



@thelearningspotau



We have your local area covered.

Whether you're thinking to **sell**,
wanting to **buy** or have a
property to **lease**.

Get in touch.

RayWhite

Miriam Elbayeh

0400 222 003

Miriam.Elbayeh@raywhite.com

raywhitewentworthville.com



Curious Minds Academy



There is no better gift than the gift of knowledge!

Spoil your little one this Christmas with something special from Curious Minds Academy.

Our wide selection of Educational Packages include Personalised Name Packs, Alphabet Packs, Number Packs, Colour Packs, Sight Word Packs, Nursery Rhyme Packs and more.

All packages purchased for Christmas will be specially wrapped for you!



Follow us on  or  to see all our latest products and promotions. Visit us at curiousmindsacademy.bigcartel.com or message us directly to make your purchase.



ADVERTISE WITH US

**\$10 per newsletter
(1/6 page)**

**\$100 per term or
\$360 for the year**

Contact Georgette

Phone: 9633 6600

Email: gbaini@mchf.nsw.edu.au

ADVERTISEMENTS



clickbroadband.com.au • 1300 254 255

Unlimited nbn™ Internet

from just **\$48.88**
/mth

Unlimited Data • No Setup Fee • No Contract

exclusive offer for MCHF members only

Extra \$20 Off The 1st Month

Simply mention this ad to claim the offer.
Terms & conditions apply. Visit our website
or call us for more info.

powered by
nbn™ 



**MEEGA FORMWORK
PTY LTD**

We'll Form Your Dream!

**Specialising in
Formwork
Steel Fixing
Concrete**

Hi-Tech 8/2-4 Picrite Close
PEMULWUY NSW 2145

Contact: Elias Hadchiti
Mobile: 0417 776 677 or 0418 776 677
Ph: 02 9631 9399 / Fax: 02 9631 9433
Email: elias@meega.com.au



TOP SYDNEY PLUMBERS

www.topsydneyplumbers.com.au

25% OFF

PLUMBING SERVICES FOR
PARENTS OF MCHF
*FOR A LIMITED TIME

MARIANA TAWK

Director

Lic 218346c

CALL US ON 1800 902 452

GENERAL PLUMBING | BLOCKED DRAINS | BLOCKED TOILETS | HOT WATER HEATER | PIPE REPAIR

ADVERTISEMENTS

**HOUSEHOLD &
PARTY NEEDS**

- BBQ Needs
- Disposable Party Needs
- Shampoos, Hand Soap, Deodorants

JDS

**WHOLESALE
PRICING**

- Toilet Paper & Tissue
- Take Away Containers
- Cleaning Products

JORI'S DISCOUNT SUPPLIES

0423 49 55 77

Shop 6, 282-286 Guildford Rd, Guildford NSW 2161

2019 MCHF EXPO!

REALITY BITES

MKR
PROJECT RUNAWAY
THE REAL HOUSEWIVES
KEEPING UP WITH THE KARDASHIANS
THE MASKED SINGER
AND HIGHLY ANTICIPATED...

THE BACHELOR!

TUESDAY DECEMBER 3RD 2019 | 6:00 PM
SECONDARY HALL
COST \$10

Decorated Cookies for all Occasions
Business Logo Cookies
Photo Cookies
Gourmet Cookies / Nutella Stuffed Cookies
Paint Your Own Cookies
1kg Cookie Dough in a Tub

Check us out on Instagram: [chrissys_cookies](#)
Facebook: <https://m.facebook.com/Chrissys-Cookies-172015950263802/>
Email: chrissyscookieissydney@gmail.com

P&S MICHAEL

Men
Women
Dresses
Evening Wear
Mother of the Bride
Shoes
Accessories

P & S MICHAEL PTY LTD

We are a specialty retailer of upmarket clothing, shoes and accessories for men and women with an emphasis on quality, value and service.

Website - www.psmichael.com.au
Facebook - <https://www.facebook.com/PANDSMICHAELRETAIL/>
Instagram - <https://www.instagram.com/pandsmichael/?hl=en>
Email - info@psmichael.com.au

MCHF Students will receive a 20% discount off all full price merchandise when they mention the School ad.

LOCATIONS:

LAKEMBA – 901 Canterbury Road, Lakemba

BANKSTOWN – Shop M45, Bankstown Central, North Terrace, Bankstown

WETHERILL PARK – Shop 260, Stockland Shopping Centre, 561 Polding Street, Wetherill Park

LEICHHARDT – Shop 11, The Italian Forum, 23 Norton Street, Leichhardt

ADVERTISEMENTS

Dabke Academy

Lebanese Dabke classes now available for all MCHF students, Primary and High School. You will Learn basic Dabke steps and experience the variations of this timeless Dance tradition with a modern twist!!!

My aim is keeping our culture alive within our youth and community

Classes will begin in 2020

Days & Times will be advised

At: The Maronite College of the Holy Family

Cost: \$120 per term, p/p

Register your interest by phone or email

PH: 0417680076 E: dianneayoub71@gmail.com



2019 MCHF EXPO!

REALITY BITES

MKR
PROJECT RUNAWAY
THE REAL HOUSEWIVES
KEEPING UP WITH THE KARDASHIANS
THE MASKED SINGER
AND HIGHLY ANTICIPATED...

THE BACHELOR!

TUESDAY DECEMBER 3RD 2019 | 6:00 PM
SECONDARY HALL
COST \$10



CATHOLIC APPAREL

HOODIES TEES LIDS

FIND US AT POP-UP LOCATIONS



WWW.CATHOLICAPPAREL.COM.AU



Screen time for your child – 7 tips

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Consider your child's screen use in the context of their overall health and wellbeing – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.



1. Be involved

Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.



2. Work with your child to set boundaries for screen use

If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decision-making process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.



3. Be clear about the consequences of not switching off

Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The [Raising Children Network](#) provides some useful tools and advice.



4. Set device-free zones and times at home

Device-free zones can help you manage your family's digital use. Here are some ideas for setting digital boundaries within your home:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- charge devices overnight in a place your child cannot access



5. Ask your child to explain their screen use

Get your child in the habit of explaining why they want to be in front of a screen or online. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.



6. Use tech tools to help manage access

There are robust products and device functions which allow you to see which apps are being used in your home and for how long. But try not to use these tools to secretly monitor your child. Instead, be open about the process and check the whole family's usage, including your own. Start with [Google Family Link](#) for Android devices or [parental controls](#) and [Screen Time](#) for iPhone/iPad.



7. Lead by example

Your behaviour is one of the most effective ways to help your child develop a positive digital mindset. Show your child you can put down your device too.

