



Student Name:

Obtain Marks:

Our Screen Time Rules

Parents guide



Fill this out together, then post it somewhere visible.

Screens are allowed after:

Daily limit on school days:

Daily limit on weekends:

Screens are always off during:

Approved apps / games:

If the rules aren't followed:

Tips for parents

- Make the rules together so your child understands the "why," not just the limit.
- Give a warning before screen time ends -- a sudden stop is a common trigger for meltdowns.
- Keep consequences small and consistent rather than an all-or-nothing punishment.