



ST. ANNE'S CATHOLIC SECONDARY SCHOOL



Dear St. Anne's C.S.S. Families,

The Huron-Perth Catholic District School Board's Mental Health Team invites you to join us along with the Avon Maitland District School Board in welcoming *author Katherine Martinko (Childhood Unplugged, The Analog Family Substack)* for a practical session on fostering children's healthy development in a digital world.

Katherine will explore the effects of excessive screen use on children's mental health and well-being, offering guidelines and practical strategies for caregivers to set clear, healthy technology boundaries and emphasize face-to-face connections and independence.

Caregivers will learn:

- Practical approaches for setting screen-time limits
- Ways to support face-to-face interaction and meaningful connection
- Tools for talking with children about technology using simple, supportive scripts

This session provides clear guidance and actionable skills to promote balance, resilience, and stronger family connections in the digital age.

Date/Time:

- **May 5, 2026 from 7-8:30pm at St Anne's Catholic Secondary School**
- May 25, 2026 from 7-8:30pm at St. Michael Catholic Secondary School

Click [here](#) to register.

[Stronger Connections, Healthier Tech Habits Poster.pdf](#)

If you have any questions, please reach out to the school.

Thank you.