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CIRCULAR

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**INSIGHTS (VOL. 19) – GAME ON –  
UNDERSTANDING ONLINE GAMING AND STUDENT WELLBEING**

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Dear Parents,

We are pleased to share the latest edition of our school newsletter, **INSIGHTS (Vol. 19) – “Game On”**, which focuses on a very relevant topic — *What Every Parent Should Know About Online Gaming*.

In today’s digital age, online gaming has become a popular pastime among students. While it offers entertainment and social interaction, it can also pose challenges related to **screen time, safety, and balance**.

This issue of *INSIGHTS* aims to help parents:

- 🎯 Understand why online gaming appeals to children
- 🎯 Recognize both the benefits and potential risks
- 🎯 Learn strategies to support safe and balanced gaming habits at home

The newsletter also highlights **chat platforms parents should monitor closely** and includes practical **tips for fostering healthy digital habits**.

We encourage all parents to take a few minutes to read this valuable resource and participate in the **questionnaire** included at the end to help us better understand students’ online behaviour.

📄 **Click below to read the full newsletter:**

👉 [Newsletter- INSIGHTS\(VOL.19\) GAME ON.pdf](#)

In case you are unable to view the newsletter through the link, you can also find the **attached copy** for your convenience.

Together, let’s continue working towards promoting **responsible digital habits** and ensuring our students’ wellbeing both online and offline.

Warm regards,



**Asha Alexander** أشا ألكسندر

**Principal** مديرة المدرسة

**Executive Leader - Climate Change** الرئيس التنفيذي - تغير المناخ