
Fwd: Do you know where your children are at night ?

1 message

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To: Marilyn Dolesh <MDolesh@setonschools.org>

Wed, Sep 24, 2025 at 9:37 AM

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From: **Seton Schools' Parents and Guardians** <mail@flocknote.com>

Date: Sun, Sep 21, 2025 at 6:34 PM

Subject: Do you know where your children are at night ?

To: Tim Elstro <telstro@setonschools.org>

Seton Schools' Parents and Guardians

Of course you do ! But consider the following...

Seton's Tech in 10

Seton's Tech in 10 offers concise, ten-minute sessions on topics like internet safety, parental controls, screen time management, and social media. This initiative empowers parents to create a safe digital environment and guide their children toward responsible tech usage.



This week...

Some years ago, my wife and I noticed a neighbor girl slipping out of her bedroom window after her parents thought she was safe in bed. That memory has me asking a new question: Is sneaking out in today's world happening through screens instead of windows?

I'm shocked to see how many of our students are online in the middle of the night. Some may be finishing assignments — but why at 3:00 AM?



The truth is, late-night screen time isn't just about homework. It can mean endless scrolling, late-night gaming, or even conversations with people parents would never knowingly allow into their homes.

We can only see activity on school-issued Chromebooks. What happens on cell phones and other personal devices is beyond our reach. That's why families should consider setting their own boundaries.

A cost-free place to start:

- Establish a family “electronics bedtime.” Pick a time when all devices are turned off for the night.
- One family I know has a rule that every phone, Chromebook, and tablet gets placed on the kitchen counter to charge before heading to bed. *The bedroom stays for sleeping, not scrolling.*

Want more control?

- Catholic Charities has curated a list of trusted parental control apps that help families set limits, monitor usage, and protect children. (attached) These are paid options, and families would want to research which one works best for their situation.

At the end of the day, the solution doesn't always need to be complicated: tell your children that the bedroom is for sleeping, and electronics stay in another room.

Family Faith Challenge This Week

- Pick a bedtime cutoff. Pray together as a family, then power down devices
- Create a “charging station.” Make the kitchen counter or dining room table the family drop-off zone for electronics.
- Talk about rest. Remind your children that God designed the night for sleep and restoration (Psalm 4:8: “In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.”).

Together, let's protect not just our children's safety online, but also their rest, their focus, and their hearts.

Tim Elstro
Technology Director



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Sent by Tim Elstro

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