

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.



Dear Seton Families,

As your school's Technical lead, I see every day how wonderful tools like iPads, Chromebooks, and apps can help our children learn and grow. At the same time, I also see how quickly technology can become overwhelming for young hearts and minds.

Research shows that too much screen time can increase anxiety, loneliness, and even depression in children. But even more importantly, we know our children are called to joy, peace, and strong relationships with God and one another.



That's why I'd like to invite you on a journey with me over the next few months. Together, we'll reflect on how technology shapes our kids, and we'll share simple, faith-centered ways to keep screens in balance.

We'll root ourselves in Scripture, lean on one another for support, and remind our children that their worth is not found in likes, followers, or screen time — but in Christ.

“The joy of the Lord is your strength.” (Nehemiah 8:10)

Every other week or so, I'll send a short message with insights, resources, and practical tips you can use at home. My hope is that this becomes less of a warning and more of a conversation — a reminder that we're all in this together to keep our youth safe and happy.

Thank you for trusting us with your children. Let's walk this technology path together and help them grow up healthy, tech balanced, and full of joy !

Tim Elstro
Technology Director

Enjoy the Week to come !



Sent by Tim Elstro

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