



Ridge High School

Summer Focus Tip: Screen Review
2025-07-28

Dear Parents and Guardians,

Want a clearer picture of your child's digital habits this summer? Try starting a simple Weekly Screen Review.

Each Sunday, sit down together and open the phone's screen time report (found in Settings on both iPhones and Androids). Look at:

- Most-used apps
- Total screen hours
- Daily highs and lows

Ask: "Does this match how you want to spend your time?" This isn't about judgment: it's about awareness. Use the data to talk about focus, balance, and even boredom.

It's a quick, respectful way to open up conversation and build digital responsibility.

Here's to scrolling less and connecting more... it's Summer!

[See all of the Summer Tips here.](#)