



HURON-PERTH CATHOLIC

District School Board

April 28, 2026

FOR IMMEDIATE RELEASE - MR011

From: Karen Tigani, Director of Education

Helping Parents and Caregivers Navigate Technology and Children's Mental Well-Being

Dublin, ON – In recognition of Children's Mental Health Week (May 4–10), the Huron-Perth Catholic District School Board (HPCDSB), in partnership with the Avon Maitland District School Board (AMDSB), will host parent and caregiver learning sessions focused on supporting children's healthy development in an increasingly digital world. HPCDSB will welcome author and journalist Katherine Martinko (Childhood Unplugged, The Analog Family Substack) for two practical and engaging presentations taking place:

May 5, 2026, from 7:00–8:30 p.m. at St. Anne's Catholic Secondary School, Clinton

May 25, 2026, from 7:00–8:30 p.m. at St. Michael Catholic Secondary School, Stratford.

Both events will include a parent and caregiver presentation alongside same-day student presentations for HPCDSB secondary students, creating a shared learning opportunity for families. Martinko will examine the impacts of excessive screen use on children's well-being and provide clear, evidence-informed guidance to help parents/caregivers establish healthy technology and social media boundaries while promoting face-to-face connection and age-appropriate independence.

Parents and caregivers will learn practical strategies for setting manageable screen-time limits, supporting meaningful face-to-face interaction, and using simple, supportive language to guide conversations about technology use at home. These sessions reflect the ongoing partnership between HPCDSB and AMDSB and a shared commitment to student mental well-being, digital awareness, and healthy, balanced technology use.

For more information regarding this media release please contact the following:

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