



Our Lady Star of the Sea School  
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Pastor: Rev. Robert Kilner  
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Dear Parents,

In recent months, I've heard from teachers and students themselves about a quiet but growing epidemic among our young people: they are not sleeping well. Many of our children and teens are walking through their days like Zombies, living a half life of exhaustion — because the endless scroll of screens has overtaken their nights.

During the school day, our students live in a rare refuge — a place free from social media, a place where they can focus, laugh, and interact face to face. But when they return home, the temptation waiting for them is powerful and nearly unavoidable: just one more message, one more video, one more game. What begins as a few minutes before bed often stretches into hours. For many children, the blue glow of the screen replaces the quiet rest their minds and hearts so deeply need.

Sleep is not a luxury; it is a God-given necessity. It restores the body, calms the mind, and opens the heart to grace. When our children are deprived of rest, they struggle not only academically but also emotionally and spiritually. They become anxious, irritable, and disconnected — symptoms that often mask the deeper fatigue of a soul that never gets to be still.

As parents, you have a role in helping your children find balance in this digital world. I encourage you to create firm, loving boundaries around technology at night: phones out of bedrooms, screens off an hour before bed, a family prayer or quiet reading to close the day. These small acts of discipline will not only protect their health but also teach them something far greater — how to be free.

Folks, we can't afford to assume that our children are the rare exception, not glued to screens for hours on end, depriving them of nights of sleep and days of really living.

Our Lord Himself took time apart from the crowds to rest and pray. He invites us to do the same. May we help our children discover the peace that comes not from the constant hum of notifications, but from the gentle silence where God speaks.

Let us pray for our families — that our homes become places of rest, prayer, and renewal.

With every blessing,

Father Bob Kilner

Pastor, Our Lady Star of the Sea