



5st December 2023

New Year's Resolution Challenge

Dear Families

We have had many discussions in school about the general increase in the amount of time children (and us adults too) are spending on screens. While we can all appreciate some of the benefits that improved technology has brought us, we are doing some work in school at the moment to think carefully about how we use technology and being conscious of the amount of time we spend on screens.

This week teachers in Y3-Y6 have read the attached story, Jill and Ted's Excellent Adventure. In class they have had a discussion about the story and the implications for us all. As a follow up, we would like children to keep a log over the next week of their activity, including time spent on screens.

All you need to do is colour in the hours of the day showing what you do over the course of a week. This is not intended to make anyone look bad or for anyone to pass a judgement on, it is just to allow children to identify what they do with their time.

Once the tracking of activities is completed, we will be discussing with children what they found out about their own habits with a view to deciding on something that they would like to get better at or enjoy as an alternative to spending as much time on a screen. One of the things we will be encouraging children to do is set themselves a New Year's Resolution around this alternative to screen time habit.

Many of the teachers in school will also be using the log to track their activities and deciding on a New Year's Resolution. You are welcome to join in too!

During the spring term we will be doing more learning about healthy lifestyle choices, such as good sleep habits and managing your emotions. Please ask your child's class teacher if you would like to know more about what we are doing.

Yours sincerely,

Ian Read
(Headteacher)

Claire Bradley
(Head of School)



Headteacher: Ian Read Deputy Headteacher: Claire Bradley Chair of Governors: Lee Brammer

