

INSET DAY EXPERIMENT

The 22nd and 23rd of February

We would like to run an experiment over the two days your children are not in school. To take part in this experiment, we would like you to reduce your children's - and your own - screen time and take note of any positive effects.

Reducing screen time brings many benefits, including:

- Reducing eye strain and headaches
- Reducing time spent with poor posture
- Improving overall focus
- Improving attention span
- Improving sleep (no screen time for at least an hour before bed)

To take part:

1. Decide together on how much you would like to reduce screen time and write it down. You could decide to go the whole two days, or reduce screen time to just a couple of hours a day. You could even decide to just turn off all screens an hour before bed.





2. Spend the time that you would normally spend on screens doing other activities. These can include arts and crafts, exercise, spending time outdoors, doing puzzles or playing board games with your families, or cooking with new recipes. You could also play some classic parlour games, write quizzes for each other, or host your own edition of Bake Off!

3. Take note of any positive effects you are feeling. You can spend some time each day as a family discussing the benefits you have felt. As these are no screen days, we are not expecting posts on Class Dojo. Instead, your children can share their experiences in their next class assembly. The table below will help you to record your changes.

More information on reducing screen time can be found on the Cyber-Safety sections of our school website

REDUCING YOUR SCREEN TIME

FOR NATIONAL CYBER SAFETY DAY 2021

| What I changed | How did it make me feel? | Could I continue to do this? |
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