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SCREEN FREE FRIDAYS

Friday 12th February 2020

Theme – Chinese New Year



Dear Families,

As a school we are aware that during this lockdown period we are all spending much more time on digital devices. We know how hard everyone has been working over the last few weeks.

This week has been Children's Mental Health Week and in school we have all been thinking about how we can support one another with our wellbeing. We know that working on a screen for a long time is not good for your eyes, so the teachers and I thought we would introduce a day where you could give your eyes a rest for the day. So we are going to introduce Screen Free Fridays from next week.

Each Friday morning we will ask children to log on to Google Classroom first thing in the morning. Teachers will then launch the theme for the day and the rest of the day will then be screen-free time. Children in school will also be having a Screen Free Day. Next week, in classes, both in school and on Google Classroom, teachers will be sharing information about Chinese New Year to help prepare children for our first Screen Free Day.

Children will be provide a list of activity ideas that don't involve using a computer. They will be based on five areas;

- Create It - being creative
- Move It – being physical
- Read It – reading, retelling, drama
- Find It – being aware of the environment around us
- Learn It – improving general knowledge

Families should choose a selection of activities to complete during the day or over the weekend. Some activities children will be able to complete independently, others with brothers and sisters and some as a whole family.

Please post photographs of your completed tasks or videos etc to your children's Google Classroom by noon of the following Monday. Classes will then have a 'show and tell' session on a Monday afternoon to celebrate everyone's achievements.

We hope this offers families some flexibility and lots of fun.

Enjoy and I look forward to seeing what you all achieve.

Take care

Ms Karen Martin
Headteacher



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