

Dear Parents and Carers,

Christmas often means new gaming devices for many children and it is highly important that we keep a track of how much screen time a child is having. Screen time is the amount of time that someone spends using a device or computer, watching television or playing on a games console. Although some screen time can be beneficial for pupils and the internet can be a wonderful place to learn, children often do not know their limits, especially when realising that they are spending too long on a device. This often affects them in school as it results in children not getting enough sleep in readiness for a full day of learning.

Here is a video to support you in recognising if your child has a healthy relationship with screens from Common Sense

Media: https://www.youtube.com/watch?v=a_ILU1E4uh0&ab_channel=CommonSenseMediaforFamilies



[5 Signs Your Kid Has a Healthy Relationship with Screens](https://www.youtube.com/watch?v=a_ILU1E4uh0&ab_channel=CommonSenseMediaforFamilies)

Concerned about your kid's digital life? Here are five signs that they have a healthy relationship with screens.

www.youtube.com