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Dear Parents and Carers

Spring Screen Time Out Challenges

After the success of the Autumn screen time challenges, we are hoping for even more students to get involved with the Spring Screen Time Out Challenges that start this week and run through to 5 April 2019.

We are asking students to repeat last term's phones out of bedrooms four-week challenge and the no screens in the hour before bed challenge. This is to help establish these as normal and helpful parts of their screen time routine. It will undoubtedly help them sleep better and be better prepared for the day ahead. It is also a key way to reduce the risk of unhealthy online conduct and unwanted online contact, as issues tend to arise when internet use is unsupervised.

We have created a screen time diary to be completed for the first and last week. Please ensure these are as accurate as possible. We will be sending out suggestions on how to reduce screen time over the four weeks. The hope is that the screen diary completed in the last week will show a reduction in screen time.

A postcard has also been sent home and will need to be signed for each challenge completed. The students will receive points for challenges achieved. Points will go towards tutor group rewards. Please also write down the number of hours of screen reduction as this will be added to tutor group totals. In addition, there will be prize draws for individual students drawn from all that take part.

The screen diary and postcard will be handed to your child today to bring home. If it gets lost, you can download a copy of both from our online safety page:

<https://www.thomastallischool.com/online-safety.html>

Please get in touch with any comments or questions.

Yours sincerely

A handwritten signature in black ink, appearing to read 'A. Pape', written over a white rectangular area.

Mr A. Pape

Online Safety Coordinator

apape@thomastallis.org.uk