



Grange Primary School

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Monday, 08th February 2021

Dear Grange families,

No Screen Afternoon- Friday, 12th February 2021!

As with many things, there is no definitive answer when it comes to the topic of how much screen time is ok for our children and how much is damaging. However, studies have found that hours and hours of screen time (and this may include television, tablet, phone and games console) can create a sensory overload, as well as there being links to poorer performances in GCSEs (<http://www.cam.ac.uk/research/discussion/every-hour-you-spend-in-front-of-a-screen-is-linked-to-poorer-exam-results>).



Each family will have their own way of managing screen time, but in an age in which technology is so convenient and readily available, it can be easy to forget the value of children learning to manage their own boredom and to entertain themselves. You could create a list with your child of various activities they could do during screen breaks (and refer them to this if they complain of boredom!) or you could use the list provided by the school.

It is also important to remember to be a positive role model when trying to introduce screen breaks and ensure that we ourselves are not missing out on opportunities to build positive relationships by being on our own devices.

Some parents have said, *'I'd so much rather see them being creative and inventive. I'd rather see them reading, drawing, experimenting, or playing.'*

We have included a number of suggested activities which our children could engage in on **No Screen Friday afternoon**. They will have Wake and Shake and their live lesson as normal. Please spend the afternoon being creative- reading, going for a walk, designing, etc... We would love you to share your ideas by emailing them to: office@grange.southwark.sch.uk

Enjoy your **No Screen Afternoon** on Friday, 12th February 2021.

Yours faithfully,

L.Black

Mr Lorrain Black(MCCT)

Interim Headteacher

08/02/2021

Grange Primary School Presents

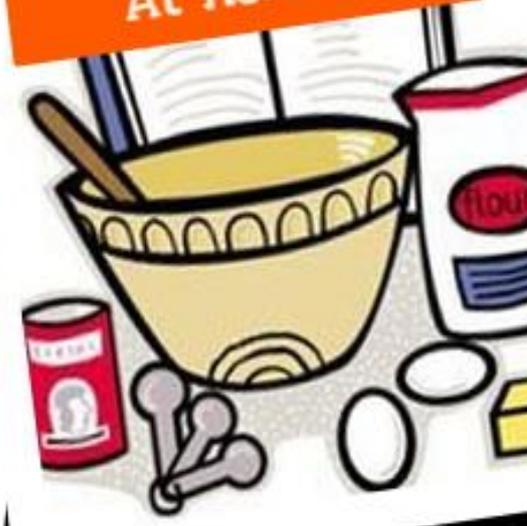
Join us



NO SCREEN AFTERNOON

Friday 12th February

At Home



Some Ideas: cooking, outdoor activities, reading, dancing, art, mindfulness, baking, junk modelling, diary writing, lego, playdough, drawing, cook dinner, paper crafts, go for a walk, board games, write a story, learn life skills,

For more information: Please check Teams for ideas and info