

Dear Parents

### **Screen Time**

As we are inevitably spending more time on screens these days, I thought this article would be very useful and interesting for you and your families. With debates in many households about whether or not screen time is bad and how much is too much, this article will help you to put things in perspective and perhaps feel less guilty. The world is becoming more and more digital and our children cannot avoid screens, therefore we need to find ways to work with technology so that we can support our children, rather than push against it, seeing it only as a bad thing. Please follow the link below:

<https://datadetoxkit.org/en/families/screentime>

Kind Regards

Jacky Shackel (Head of Prep School) & Angela Brown (Deputy Head Senior School - Pastoral)