

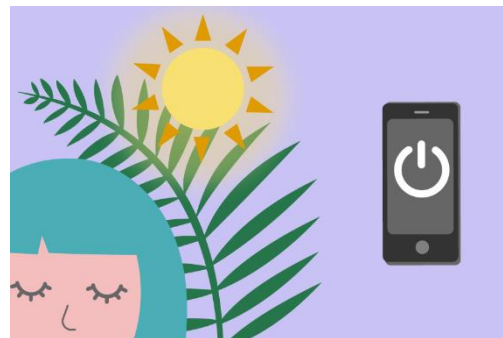
16th May, 2022
Ref: 000200



MENTAL HEALTH AWARENESS WEEK: DIGITAL DETOX

Dear Parent/Carer,

Supporting our children's emotional health and wellbeing continues to be of paramount importance to us in school, which is why we are delighted to be celebrating Mental Health Awareness Week this week in school. During our Collective Worships this half term, we have been exploring the values *respect* and *peace*. We would like to use Mental Health Awareness week to think about these values some more....



Electronic devices play a huge role in how we now live our very busy lives. Although we are very fortunate to have modern technology at our finger tips, sometimes, we can find ourselves glued to our devices for many hours of the day without even releasing. Occasionally, it is important to *disconnect to reconnect*...

I am encouraging children – and staff! –to join me this week in taking part in a mini 'digital detox'. I would like everybody (myself included) to find 30 minutes in their day to put down their device. Ideally, this will be a time of the day when we routinely find ourselves picking up our tablet or phone (after school, when eating our evening meal, before bedtime...) Instead, we may choose to go for a walk, carry out some exercise, read a book, play a board game, help make a special meal... The activity does not need to be big or fancy – it just needs to help our children to pause, 'live in the moment' and think about what really matters to them.

This week, I will be sharing my own digital detox diary with the children via Class Dojo. It is likely to be around early evening, when I often find myself reaching for my phone! Please do 'check in' and share my posts with your child.

I would LOVE it if you could share photographs and/or videos of your child's digital detox home learning to help support our Collective Worships back in school and to help create a special display in school.

Thank you, as always, for your continued support.

Kind regards,

Ms. K Leach
Headteacher

LOVE God LOVE Neighbour LOVE Self

ST. CHAD'S CofE NURSERY & INFANT SCHOOL
Gordon Road, Derby DE23 6WR
Tele: 01332 345997
E-mail: admin@stchads.derby.sch.uk
Headteacher: Ms. K Leach

