

QUEEN ELIZABETH'S GRAMMAR SCHOOL

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Headteacher: Mr S Garrity Chair of Governors: Mr C Smith



20th January 2021

Dear Parents/Carers

Do Something Different Day/No Screen Time Proposal

As you may be experiencing yourself with working from home on a device or observing it in your own children that using a screen all day can be detrimental to our mood, motivation and physical wellbeing.

We, like many schools, are exploring the option of having time allocated every so often to 'Do Something Different'. The aim is to ensure that students and staff can have some much needed time away from screens and can be exploring new activities which may even lead to new hobbies. Time away from screens and the routine of live lessons will aid in improving motivation and mood and therefore raise attainment and overall wellbeing.

The proposal is that the 'Do Something Different Time' would be instead of live lessons at some points during the next few weeks whilst students are spending many hours on screens. Our initial proposal has considered school competitions, a focus on being active and outdoors, a focus on self-care, a focus on building relationships in other ways than on screen and generally paying attention to the very many activities we can learn and flourish from that do not include sitting at a screen. Even during a 'normal' school day, students are not sat at a screen for 5 hours!

We would like to hear your views on this proposal so please fill in the below survey. Please chat to your child(ren) about this too to hear what they think about 'Doing Something Different'.

<https://forms.office.com/Pages/ResponsePage.aspx?id=PYCwG3TptkKUJQEK3ByuarudQbwKzINBmukBMhymLB5URU1CQ1FQMEY5S0IWQkNBNDNZRzNGNFVNSS4u>

We thank you in anticipation for your time. We will collate responses at the end of the day on Thursday 21st January 2021.

Yours faithfully

Mrs L Betty
Deputy Headteacher