

Dear Parents and Carers,

## Preston Primary's Digital Detox Challenge: 7<sup>th</sup> – 13<sup>th</sup> February 2024



We are excited to introduce our **Digital Detox Challenge**, designed to encourage children to reduce their screen time and explore fun, creative, and active alternatives. This is a fantastic opportunity for children to discover new hobbies, connect with family and enjoy time away from screens.

Research shows that too much screen time can have several negative effects on children's health and well-being. Extended periods spent on screens can lead to physical issues such as eye strain, headaches, and poor posture. It can also interfere with sleep, as the blue light from screens disrupts the body's natural sleep-wake cycle. Overusing screens may limit opportunities for physical activity, creativity, and face-to-face social interactions, which are essential for healthy development. Additionally, excessive screen time can impact mental health, leading to increased feelings of anxiety, reduced attention spans and difficulty managing emotions. Encouraging balanced screen use is vital to ensure children grow up happy, healthy and well-rounded. For specific support on setting parental controls online, visit [www.oursafetycentre.co.uk](http://www.oursafetycentre.co.uk).

### What is the Digital Detox Challenge?

The challenge will run for **1 week**, during which children are encouraged to reduce their screen time as much as possible. They will earn points for participating in screen-free activities and for spending entire days without using screens (apart from essential activities like homework). The challenge will run from **7<sup>th</sup> February to 13<sup>th</sup> February**. Please return the completed recording sheet to school on **14<sup>th</sup> February** to be eligible for the prize draw.

### How Does It Work?

- Points System:**
  - Children earn **5 points** for every screen-free activity they complete.
  - Bonus **10 points** are awarded for each day they avoid screens entirely (excluding homework).
- Recording Sheet:**
  - Use the attached sheet to track daily activities and note any screen-free days.
  - Encourage your child to write about their favourite activity during the week.
- Prize Draw:**
  - All completed sheets will be entered into a prize draw.

### Ideas for Screen-Free Activities

Here are some suggestions to inspire your child:

- **Get Active:** Play outdoors, ride a bike or invent a new game.
- **Be Creative:** Draw, paint, make a craft or build something with Lego.
- **Explore Nature:** Go on a scavenger hunt, garden or stargaze.
- **Learn Something New:** Try baking, knitting or practicing a new skill.
- **Family Time:** Play a board game, read a book together or cook a meal.
- **Relax:** Practice mindfulness, yoga or simply enjoy some quiet time.

We hope this challenge inspires your child to explore new ways to spend their time and discover how much fun can be had away from screens. Thank you for your support in helping them participate fully in this exciting initiative!

If you have any questions, please do not hesitate to contact us.

Kind regards,

Miss C Williams  
Computing Lead

Name: \_\_\_\_\_

Class: \_\_\_\_\_

## Preston Primary Digital Detox Challenge



Date	Screen-free Activities Completed	Screen-Free Day? (Yes/No)	Points Earned
Day 1: Friday 7 <sup>th</sup> February			
Day 2: Saturday 8 <sup>th</sup> February			
Day 3: Sunday 9 <sup>th</sup> February			
Day 4: Monday 10 <sup>th</sup> February			
Day 5: Tuesday 11 <sup>th</sup> February			
Day 6: Wednesday 12 <sup>th</sup> February			
Day 7: Thursday 13 <sup>th</sup> February			

- **5 points** for every screen-free activity complete.
- **Bonus 10 points** are awarded for each day you avoid screens entirely (excluding homework).