Date

Dear Parent/Guardian:

Over the next few weeks, all pupils at ……… will be participating in the Be Screen Smart project developed by the North West Health Improvement Team in collaboration with Education Services. The project aims to improve the health of young people by challenging them to spend less time in front of screens (TV, computer games and social media) for entertainment and more time doing fun screen-free activities.

There are many benefits to using screens for education and entertainment purposes. Screens used in schools or for homework are used to enhance learning. However research shows that children and young people aged 5-16 spend on average 6 hours per day in front of screens for entertainment. Health professionals and researchers believe that excessive TV, computers and video games may contribute to obesity, sleep disturbances and attention span issues.

Your child will be asked to track their time in front of screens (TV, computer, tablets, mobile phones) at home. We ask that you help your child fill in the tracking form which is in their school/homework bag accompanied with the frequently asked questions sheet.  Your support is very important. You may even want to reduce your time in front of the screens for entertainment in an effort to support your child in this effort. Please see the schools Be Screen Smart Pledge for parent/gurdian accompanied with this letter. Can you also please sign and return with the tracking sheet.

Yours sincerely,

Name of School