**Letter for Parent/Guardian**

Date

Dear Parent/Guardian

Over the next few weeks, all S1 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 & academic performance of pupils by challenging them to spend less time in front of the screens (TV, computer games, social media, iPads, tablet, smart phones) and more time doing fun screen‐free activities.

Children and young people ages 5‐16 spend an average of 6 hours per day in front of screens. Health professionals and researchers believe that TV, computers and video games may contribute to youth obesity, sleep disturbances and attention span issues. The time young people spend in front of the screen takes away from the time they could be physically active and sleeping.

Throughout the project, pupils will be asked to track their time in front of

screens (TV, computer, tablets, mobile phones etc). Pupils will be asked to give up all screen‐based activities (except for homework assignments and studying) for a period of time and instead will be encouraged to do screen‐free activities.

Your support is very important. You may even want to reduce your time in front of the screen for entertainment in an effort to support your child in this effort. Please see the Be Screen Smart Pledge Card for parent/guardian accompanied with this letter. Please sign and send tear off slip back to the school.

Yours sincerely,

Name of School