

# Screen Time

As we continue with our remote learning, it is so important for us all to consider the impact of screen time on our health and wellbeing.

We have created a short 'Top Tips' guide to explain this, how we can help you manage it, and what you can do as well.



## What we are doing:

- We will limit our lessons to 50 minutes, which should allow you to take 5-10 minute breaks between each lesson where you can remove yourself from the screen and move around.
- We are allowing you to take a break from AM Tutor Time, extending your usual break and using this time to take yourself away from the screen.
- We will continue with our 2 Accelerated Reader lessons a fortnight, where you will move away from the screen to sit and read a book.
- Your PE lessons will include active workouts, which can be done inside or outside. Maybe take yourself outside to complete these for some fresh air!
- Other subject areas will also work to include some breaks from the screen, for instance, in Art where you will be encouraged to draw and complete creative activities away from the computer.

## What can you do:

- Stick to the school times of the day and make sure you take the breaks as we would in school, taking yourself away from your devices during these times.
- Close your screen down for 5-10 minutes between lessons, take yourself for a walk in the garden or a stroll round the house.
- Use AM Tutor Time for an extended break if you need to take yourself away from the screen a bit more.
- Maybe print off your worksheets and complete all your tasks on paper for a whole day.
- Take a walk, bike ride or run each day!
- Try other activities such as board games, baking, art, or reading in your spare time.

**Remember: If you need any help, support or advice you can contact Ms Rawson and Miss McGrane at any point.** Check the Remote Learning Safeguarding Poster for ways to access this support.

## FIVE WAYS TO WELLBEING



Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY