

Monday 8th February 2021

Screen Free Day – Friday 12th February

Dear Parent / Carer,

I hope that this letter finds you well after what has been another tough half term for us all. As parents you have had a hard job (trust me, I know how challenging it is!) encouraging your children to engage and complete their home learning but you have all done a FANTASTIC job!

I am so proud of our children, school and community. The way in which we have worked together by supporting each other, keeping ourselves safe and ensuring that pupils have been engaged in remote learning as much as possible. It has been a challenge, but one made easier by the strong and positive relationships between us all.

As proud members of **Impact Multi Academy Trust** we firmly believe that by working collaboratively we can have a positive impact on outcomes for children. We recognise that during these unprecedented times we need to look after not only the academic progress of pupils but also their mental and physical well-being. **'Screen Free Friday'** is our newest initiative. We want our children to be active, have fun, be outside and value the learning that can happen when 'Hearts and mind connect'. This will involve moving in as many different ways as you can to ensure that you complete 10,000 steps or more in the day.

What do I need to do?

We are providing each child with a pedometer so that they can wear it all day to count their steps. All we ask is that you enjoy a day filled with walking, dancing, games and movement.

To keep track of your steps, ensure that you fill out the sheet provided in your pack. At the end of the day on Friday 12th message your teacher, on Google Classroom, to let them know how many steps you have managed to do. We will be handing out certificates for those who manage 10,000 steps or more. Take a look at the Bronze, Silver and Gold award sheet in your pack.

Why are screen free days important?

Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.

Additionally, schools have moved online, many parents and caregivers are telecommuting, the news is on in the background, and more than ever before, our screen time is non-stop. It's stressful to all be under the same roof and navigating a different reality. *So, while our use of technology is perhaps more necessary than ever, so are times when we can take breaks from our screens.*

We are dedicating our step challenge to Captain Tom Moore to celebrate his life and in memory of all the money he raised to support the NHS.

Stay safe and have fun!



Mrs J Wood
Headteacher



How to use your pedometer

- Attach the pedometer to your clothing using the clip.
- Press the grey button on the front.
- Start moving and having fun!
- At the end of your activity read the number of steps on the screen.
- Write down the steps on your recording sheet 😊

