



# BOWERHAM PRIMARY & NURSERY SCHOOL & BABY UNIT

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Dear parents/carers

As part of our School Improvement Plan (SIP), we are focusing on reducing screen time to support our aim of improving pupils' health, wellbeing and readiness to learn. We recognise that technology plays an important role in education and daily life; however, research shows that excessive screen use can have an impact on children's concentration, physical activity, sleep and overall wellbeing.

In school, we are reviewing our use of technology. The goal is not to eliminate screens completely, but to encourage a balanced approach that supports children's development and wellbeing as we recognise that not all screen time is the same. Screen use that supports learning, creativity and skill development can be highly beneficial. Therefore, our focus is on reducing unnecessary or less productive screen time while continuing to use technology where it enriches teaching, learning and pupil engagement. We will continue to make use of meaningful educational platforms and applications such as Tapestry, Bug Club, Tinkercad, EdShed and Scratch, which provide valuable opportunities for learning and creativity. Our focus includes reducing reliance on PowerPoint presentations during lessons, particularly in core subjects, and using teaching slides only when they add value to learning. We are also promoting healthy screen habits through pupil-led assemblies and classroom discussions. Additionally, we are introducing 'Screen Free Fridays' twice per half term, where we will eliminate the use of screen completely on these days.

To support this work, we would like to share some guidance and practical tips for reducing screen time at home:

#### **Create screen-free times**

Choose certain times of the day when devices are put away, such as: during meals, before school, one hour before bedtime, during family activities

#### **Keep bedrooms screen-free**

Where possible, keep televisions, tablets and phones out of children's bedrooms. This helps promote better sleep and reduces late-night screen use.

#### **Encourage active alternatives**

Provide opportunities for children to: play outdoors, ride bikes or scooters, read books, draw, build or create, play board games with family members. Sometimes children simply need ideas for what to do instead of reaching for a screen.

#### **Be a role model**

Children learn from the adults around them. Demonstrating healthy screen habits yourself can have a powerful impact.

#### **Use technology together**

When children are using screens, try to engage with them by asking questions about games or videos, explore educational apps together and discussing online safety and digital behaviour. Shared screen time can become a positive learning experience.

#### **Set clear expectations**

Agree simple family rules around screen use consistency helps children understand boundaries. For example: homework before gaming, no devices at the dinner table, daily limits on recreational screen time.

#### **Prioritise sleep**

Good sleep is essential for learning and wellbeing. Encourage children to switch off devices at least an hour before bedtime and establish a calming bedtime routine.

#### **A simple family challenge**

Why not try a "Screen-Free Hour" each evening? Use the time to:

- Go for a walk
- Read together
- Cook a meal
- Play a family game
- Complete a puzzle or craft activity

Technology is a valuable part of modern life, but balance is key. Small changes can make a big difference. By working together to develop healthy habits, we can help children enjoy the benefits of technology while making time for sleep, play, learning and family connection.

Thank you for your continued support in promoting children's wellbeing both at school and at home.

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## **Stand tall, reach high, love learning**

*The Bowerham School community is proud to nurture aspiration,  
inspire love for life-long learning and prepare children for a changing  
Society.*