



Teddington
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Dear Parents

Parents Forum E Safety, Social Media and Gaming Wednesday 27 February

Recently, I spoke to a number of parents about the impact of excessive gaming and social media use observed among our students. This resonated with many parents, and led to a campaign to encourage parents to work together to turn their children's screens off an hour before bedtime.

Both parents and teachers notice how too much screen time can make children surly, bored and permanently "wired and tired", but what is actually happening to the child's brain? Research has shown that frontal lobe development is being retarded by all this screen time. This part of the brain is responsible for the child's attention span, controlling emotions and empathic skills. Staying connected may mean that your child is becoming disconnected from real life and may result in difficulty coping with school.

Teddington School recently ran a control group with parents in Year 8 with a campaign called *#Notafternine*, which aims to reduce screen time during term time for children. The results have been very promising, with parents in the control group reporting that their children:

- read before bed time;
- are sleeping better; and
- are engaging in family life before bed time.

They have also reported a general reduction in anxiety levels relating to friendship issues and many parents have simply expressed that they feel like ***they have got their child back during that hour.***

I would like to invite you to the Parents Forum of Wednesday 27 February at 6.00pm to discover how they did it. There will be two guest speakers: Juliette Oakshott, a family therapist who also works in schools, and Peter Cowley, the Online Safety Advisor for Achieving for Children. They will address the psychological and social effects of internet use, and practical steps you can take to limit these. Time will then be available for parents to network with other parents of their child's friendship groups, and sign up for the campaign.

Please register to attend [here](#).





Mr Golding
Head of Year 8

#Notafternine - empowering parents to successfully help reduce screen-time for their child