Dear parents and guardians,

We’re excited to announce that <insert school name> is taking part in [Beyond The Screen](https://wearebeyond.org.uk/support-us/events/beyond-the-screen) on 19th-20th September 2024.

Hosted by youth mental health charity [Beyond](https://wearebeyond.org.uk/) to celebrate youth mental health day (19th September), Beyond The Screen encourages us ALL to reduce our screen time during 24 hours.

Naturally, digital dependency isn’t just taking a toll on the mental health of children and young people, but as adults we’re also suffering. Smartphones are addictive and designed to persuade us all to crave more.

We support Beyond The Screen as a way to fundraise for youth mental health support in schools as well as a moment to reflect on our own digital dependency.

Here are some tips from Beyond to help you and your child/ren reduce your smartphone usage:

* Wear an analogue watch to curb phone dependency - on average we pick up our phones 221+ times a day. Try to break the habit of depending on your phone to tell the time as we subconsciously get distracted by the notifications/ pull of the apps.
* Don't charge phones in bedrooms - remove the temptation to look at your phone just before you go to bed/ after you wake up.
* Buy an alarm clock.
* Create screen time limits (TV included) - you can do this in a lot of the apps you use
* Find out how digitally dependent you are? (settings > screen time)
* Dedicate a screen free area at home.

On 19th September, please give your child £1 to bring in (where possible) and remind them to tell us how they will reduce their screentime during 24 hours. Their teachers and support staff will be doing the same!

On behalf of us all at <insert school name>, thank you for your support.