

---

## *Take Off and Fly*

### **Screen time**

If your child has a headache, sore eyes or any other symptom that seems to be caused by screen time, then give them a break. Just make sure that a screen break from school work is not spent in front of another screen, such as a TV or phone. If you feel that your child has spent too much time in front of a screen then you are perfectly entitled to give them a morning, afternoon or day off from screen time. Many of the lessons we are sending out do not require the children to work on the screen. For example, if you look at the lessons it would be fine to plan a day around PE, a science experiment and an art activity, all of which would require little to no screen time. It is also perfectly acceptable to have some family time away from the screen if that is what is best for your children.

### **General**

Make sure your child is taking regular breaks from the screen.

In school we have breaks between each lessons where children go outside for playtime, enjoy snacks or lunch, attend assemblies, go to the reading area or any number of activities. It would help to incorporate breaks into your home-school day too.

If your child is getting regular headaches, this may be a sign that they need to start wearing glasses or that they need a new prescription. Eye appointments for under 16s are free and opticians are currently open. Under 16s are also entitled to an optical voucher to cover the cost of glasses, meaning that for many children, the entire cost of an eye test and glasses is paid for by the NHS. Persistent headaches can also be a sign of a number of other illnesses. If you are unsure, you can always contact your GP for advice.