

We Are Family!

At Fishergate School, we are lucky to have strong relationships with parents and carers. The Fishergate family is only a successful one because of the way all our families help make it work.

Research shows that a growing number of children nationally are spending many hours on electronic devices, and that the development of other skills such as speech and communication is being hampered as a result. This academic year, we would like to challenge the children to spend some of their time engaged in activities that do not require a screen! We recognise the enormous value of technology in all of our lives, but we believe in the development of the whole child, in their physical, social, and emotional development too.

Each half-term, we will set the children a different challenge. These are based on ideas from the children themselves. We want to celebrate the many ways in which families spend time together, and foster a love in the children of the outdoors, of reading, of sport, and of arts and crafts.

The 15 Minute No Screen Time Challenge!

For this half-term, we are challenging the children to spend fifteen minutes a day with a parent or carer, engaged in an activity together that does not involve a screen.

The children suggested the following activities:

- Practise football, tennis, cricket or basketball
- Go out for a walk and explore
- Eat out or grab an ice-cream
- Play hide and seek
- Go swimming
- Slack-lining
- Play a board game
- Learn a card game
- Snuggle
- Draw a picture together
- Book a climbing session
- Hama beads
- Chat
- Help make tea
- Make a collage
- Charge through a leaf wall
- Read together
- Water or pillow fight
- Go on a bike ride
- Do a maths puzzle
- Make up a story together
- Play with lego
- Build a den

It would be great to have a display of some of the things you have been up to together. If you bring in a photo of one of your favourite activities, we can use it to give other children ideas.

Thank you for your support

Dani Rees
Deputy Headteacher

