



Saltford
CofE Primary School

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Headteacher: Dawn Sage
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19th September 2024

Dear Parents/Carers

Parent Talk: Let's Talk about our kids and their tech: Finding a Healthier Balance with Technology.

We are delighted to be welcoming Nicola from the PAPAYA Charity to Saltford on Thursday 3rd October 2024 at 5pm to lead a parent workshop on how to find a healthy balance with technology.

You may be aware of the growing movement around Smartphone usage in children and, indeed, a number of our parents have been collating interesting articles, tips and information for us to share in our weekly newsletter.

As a school we've been monitoring the movement and considering how we can support parents in making informed choices about how your children engage with technology. This talk will explore some of the mental health problems associated with excessive technology use and how, as parents and carers, you can achieve a healthier balance with technology for your family. It's not intended to tell you what decisions to make around technology usage as every family circumstance is different; instead, it's about offering insights and advice that you may find useful as you navigate this topic.

It will include looking at how technology can rewire your brain, how vulnerable the adolescent brain is coming into puberty and how tech impacts you and your child's self-esteem, potential feelings of loneliness and sleep. Nicola will also provide tips on how to help your child strike a healthier balance with technology and build their resilience.

We hope you will find this talk helpful and it will encourage conversations with you and your child/ren about their use of technology and how it can impact everyone's lives.

Please can you fill in the [form](#) to confirm your attendance.

Yours faithfully

Mrs White

Computing Lead