

23rd February 2018

Dear Parent/Carer,

Over use of Computer Games

We have been told by a number of children in Year 6 that they are spending up to 5 hours a day playing online computer games.

Some say they are continuing to play late at night in their room which I am sure you will agree, does not help with concentration in class the following day.

A particular game that is mentioned a lot is Fortnite. Please can I ask that you monitor closely how much time is being spent and in particular that games are not played just before bedtime as research shows that this seriously affects the quality of sleep.

We would recommend no more than an hour each day and that any games console or tablet etc is kept in a shared family room so that the time and the suitability of the game can be monitored.

Thank you for your cooperation.

Yours faithfully,

Mr Hallam
Principal