



GUMLEY HOUSE

Convent School FCJ

Founded 1841

Headteacher: Ms Caroline Braggs

St. John's Road, Isleworth, Middlesex TW7 6XF | Tel: 020 8568 8692 | Fax: 020 8758 2674
general@gumley.hounslow.sch.uk - www.gumley.hounslow.sch.uk

25 April 2019

Dear Parents/Carers,

RE: Spring Digital Detox: 6 May 2019 – 24 May 2018

It is time for our annual digital detox challenge!

Following the positive feedback from parents, carers, and students on our digital detox 2018, we are relaunching our spring digital detox alongside our well-being week which will be launched in May.

With an increase in reliance on Portable Personal Devices, Social Media and the Internet, research has shown that there can be a negative impact on social interaction with family and friends, sleep patterns and mental health.

On the 8th January parents and carers who attended our E-safety information evening expressed concerns with the impact digital use can have on our mental health. As a result, we would like to encourage all students and parents/carers of Gumley House to join in with our **Spring Digital Detox campaign** to raise awareness of the negative effect that technology can have when used excessively and unsocially.

The aim of the event is not to 'demonise' social media and technology, but simply try to raise awareness of the importance of 'control' for users. We want to help our young people to make considered decisions about how they use technology and question how much of their time they are spending on their apps and devices.

A document detailing the challenges is attached to this email and we hope you will feel able to take part in **our Spring digital detox** and that (perhaps more importantly) it stimulates conversation about how we use technology in our daily lives. We also believe that the time of the Digital Detox will help our students to focus on their studies and revisions as the exam period is about to begin.

Students will have assemblies in May on the Digital Detox and how they can look after their well-being by reducing their screen time. If all the family takes part in the challenge we hope everyone will have better quality times together.

So! Please [click here](#) to sign up to **the Spring Digital Detox** via a very quick survey and let's see how many students, parents/carers, staff and governors we can get involved – we will keep you updated over the next few weeks.

Finally, thank you for your continuing interest in supporting our young people in making the right choices!

For further reading : <https://www.theguardian.com/technology/2018/jan/13/how-to-quit-your-tech-phone-digital-detox>

Yours sincerely,

Juliette Claro

Assistant Headteacher

E-safety Co-ordinator

An Academy in the FCJ Educational Trust

A company limited by guarantee registered in England and Wales No: 7950851

