

### Reduced screen time day

From now until the end of term, every Thursday will be a reduced screen time day providing you with an opportunity to:

1. **Reduce eyestrain**
2. **Help prevent headaches**
3. **Improve your sleep**
4. **Increase your focus**

Access Files – Class Materials – Reduced Screen Time Activities folder for all the different challenges/activities.

Every Thursday:

Spelling	Select 1 activity from the Spelling Bingo grid
Reading	Select 1 activity from the Reading Bingo grid
Maths	Select 1 activity from the Maths grid
Art	Select 1 art activity to complete
P.E	Select 1 activity from the P.E folder
Taskmaster Challenge	Select 1 challenge to complete (Challenges will be updated over the next few weeks)

There are a variety of other optional tasks available to you:

- Science and Engineering
- Health & well-being
- STEM
- Eco
- Technology and
- Scavenger Hunts.

It is your choice if you wish to print out the grids or access them online when required.