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  (Not on Thurs 7th May) |
| 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.