



Bishop Aldhelm's CE Primary School

Loved by God; United in Learning

Headteacher: Scott Tait Deputy Headteacher: Lizzie Sharpe

Dear Parents/Carers,

In this everchanging society and the excelleration in technology, we have all come to rely on media and screens for many reasons. As a parent myself, I know only too well the difficulties that this sometimes poses. And now, with the added pressure of tablets, phones, etc making there way into the bedroom it can be quite a challenge unless managed and monitored.

However, as parents, we get to control and limit the time and use of devices for our own children. This is especially important when establishing a good bedtime routine.

Below, are some links and advice if you are one of the many parents having the same battle at bedtime.

<https://raisingchildren.net.au/preschoolers/play-learning/screen-time-healthy-screen-use/screen-time-sleep>

<https://www.parentclub.scot/articles/12-tips-reducing-your-kids-screen-time>

If You feel that bedtime is a part of the day you dread then please don't hesitate to contact the Pastoral Team for further advice and support.

Best wishes

Kerrie and Jo



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