



### Visual overlays to help reduce eye strain and visual stress

If your child is struggling with eyestrain because they are on the computer a lot and/or they struggle with dyslexic tendencies you can change the colour of the screen on the computer or tablet to help reduce visual stress.

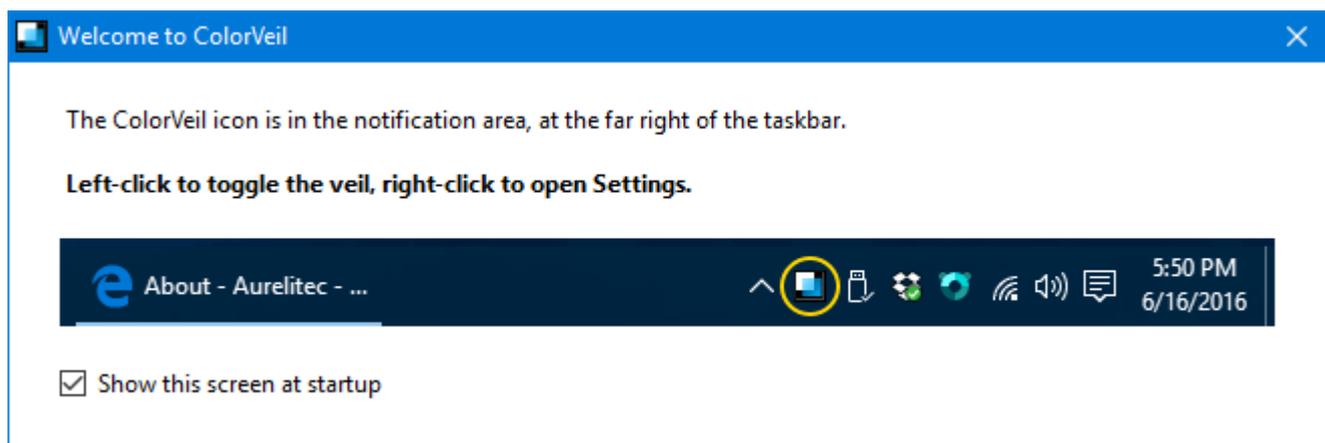
1) Visit:

<https://www.aurelitec.com/colorveil/windows/>

2) Instructions on how to set up the colour screen:

#### Running ColorVeil for the first time

When you first open ColorVeil, your entire screen will get an Orange tint, and you will be presented with the following welcome screen:



The welcome screen tells you how to find the ColorVeil icon, toggle the veil, and open Settings. To stop seeing this screen every time you open Colorveil, uncheck the Show this screen at startup check box.

#### Turning the veil on and off

To toggle the color veil, do one of the following:

- Click the ColorVeil icon in the notification area, at the far right of the Windows taskbar.
- Press the **Ctrl+F11** customizable keyboard shortcut.
- If the Settings window is open, click the Turn on/off veil button near the top right corner.

## Quitting Colorveil

You can leave ColorVeil running in the notification area, so you can easily turn the color filter on and off when needed. However, if you really want to quit ColorVeil:

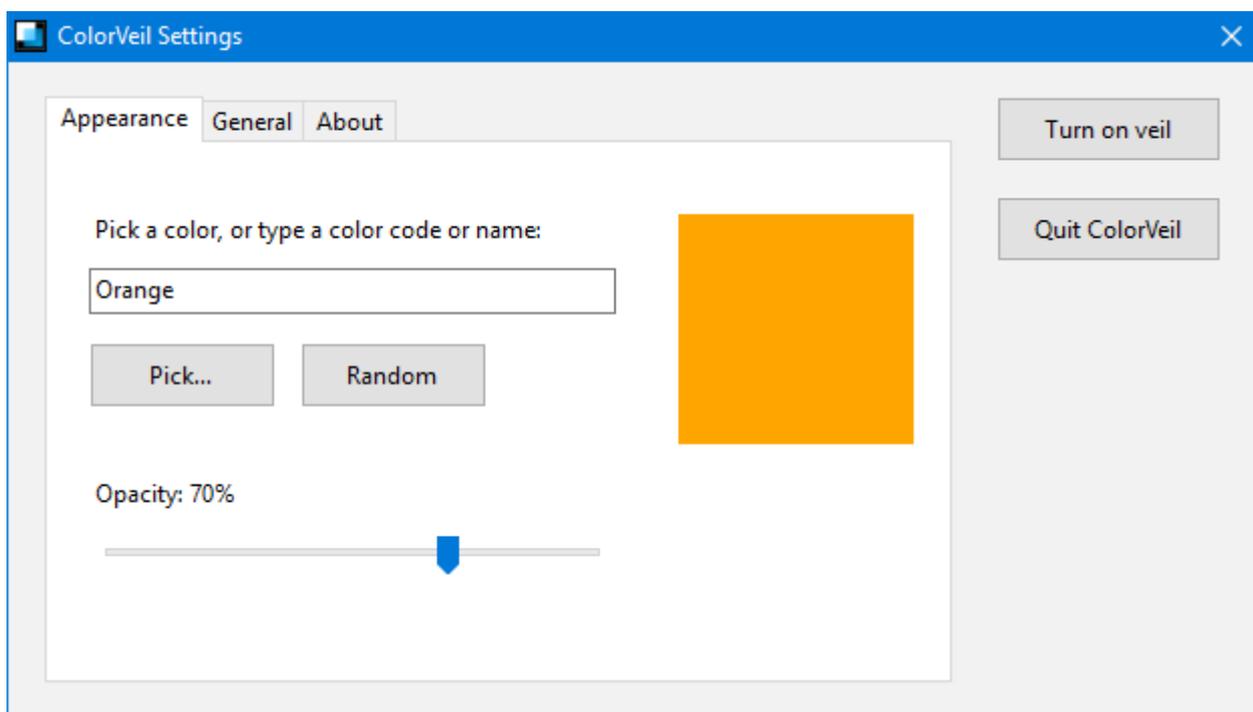
1. Right-click the ColorVeil notification icon to open the Settings window.
2. Click the Quit ColorVeil button near the top right corner.

## Settings

### Changing ColorVeil settings

To open the ColorVeil Settings window, do one of the following:

- Right-click the ColorVeil icon in the notification area, at the far right of the Windows taskbar.
- Try running ColorVeil again, by clicking its Start Menu or Desktop shortcut.



- 3) If your child has been tested for visual stress at school, select the colour they have been provided with, as this is most effective colour for reducing visual stress specific to them.
- 4) Any worries or concerns please contact the inclusion team on: [senteam@bishoppaldhelms.poole.sch.uk](mailto:senteam@bishoppaldhelms.poole.sch.uk)