



# Birchwood High School

*your dreams, your future, our challenge*

## Year 11 - Encouraging Positive Screen Time for Students

20 October 2025

Dear Parents/Carers,

As your child progresses through Year 11, their phones and digital devices are likely to play an increasingly significant role in both their social and academic lives. While technology can be a valuable tool, it is important to ensure that screen time is positive, balanced, and supports their learning and well-being.

Research shows that the average screen time for 15 to 16-year-olds is around 6 to 7 hours per day, including social media, gaming, and educational use. While it is natural for young people to spend time online, encouraging structured and purposeful use of their devices can help them manage stress, focus on revision, and maintain healthy routines.

Here are some practical ways to support your child in using their phone positively:

### 1. Monitor and Understand App Usage

- Many phones have built-in screen time tracking features. Encourage your child to check which apps they use most and for how long.
- Discuss together which apps are helpful for learning or relaxation, and which may be causing distraction or stress.

### 2. Encourage Quality Downtime

- Suggest breaks from screens, especially before bedtime, to improve sleep and focus.
- Promote apps that support relaxation, mindfulness, or creativity. Even short periods of reading, drawing, or physical activity away from screens can boost well-being.

### 3. Link Screen Time to Learning

- Phones can be valuable revision tools: educational apps, podcasts, and digital flashcards can make revision more engaging.
- Encourage your child to set time limits on non-educational apps, so that more time can be dedicated to learning without feeling deprived.

Principal, Mr Sam Griffin

Parsonage Lane, Bishop's Stortford, Hertfordshire, CM23 5BD

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## **4. Be a Role Model**

- Children often mirror adult behaviour. Demonstrating balanced screen habits yourself reinforces the importance of healthy usage.

By working together to encourage positive screen habits, we can help our students make the most of their digital devices while supporting their academic success and mental well-being.

Thank you for your support in helping our Year 11 students develop balanced, healthy, and productive screen habits.

Kind Regards,

Mrs A Collyer & Mr S Hill

*Co- Heads of Year 11*

Principal, Mr Sam Griffin

Parsonage Lane, Bishop's Stortford, Hertfordshire, CM23 5BD

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