



Ref: U:\Work\Admin\Dr Sigman
February 2018

Dear Parent/Guardian,

You are invited to a talk in the Old School on Monday 23 April at 5.00pm by Dr Aric Sigman on Managing Screen Time and Screen Dependency.

Pupils of all ages are watching more recreational screen media than ever before and many are finding it difficult to stop. Dr Sigman will discuss how screen media should be a tool, not a burden or health risk.

Dr Sigman is a Fellow of the Society of Biology, Associate Fellow of the British Psychological Society and a Chartered Scientist. He has worked extensively with the Department of Health, European Parliament and the Royal College of Paediatrics on teenage health.

The evening talk to parents will look at:

- How recreational screen time may affect cognitive skills, attention, brain development, literacy and academic achievement.
- How much and what type of electronic media children should be using before and after school hours, and at what ages.
- What 'multi-tasking' does to children's minds and brains.
- What schools and parents should do together in deciding how much and what type of electronic media children should be using.

Dr Sigman has received positive feedback from schools he has visited:

"Your exciting talk is still generating positive comments from staff and students alike" Uppingham School

"Aric's talk had them hooked. He did not patronise them, nor did he preach. He gave them the facts in an entertaining and thought-provoking way, with just the right amount of science – some of it cutting edge" Tonbridge School

"Brilliant. You really were inspiring" Bedford School

"Excellent feedback from pupils, parents and colleagues" Oundle School

"It was excellent and I'm delighted with the positive feedback. We'd like to have Aric again" Marlborough College

I would be grateful if you could return the reply slip to the school office or email admin@kings.lincs.sch.uk by Monday 19 March if you would like to attend the talk. I should also point out that the evening session is designed for parents and your son should not attend. I have also attached a recent article by Aric on screen time and mental health published in a mental health journal to give you some background of his work. Please do not hesitate to contact me should you have any questions regarding the workshop.

Yours sincerely,

J A Dixon
Deputy Headmaster

Return to: School Office or email admin@kings.lincs.sch.uk by Monday 19 March 2018.

**Managing Screen Time and Screen Dependency Talk for Parents
on Monday 23 April 5.00pm – 6.30pm in the Old School**

Name of Student: Form:

- I would like to attend the Managing Screen Time and Screen Dependency Talk for parents on Monday 23 April between 5.00pm and 6.30pm in the Old School. []
- I would like 1/2 seats (please circle).

Parent/Guardian Signature:

Date: