TENBURY HIGH
ORMISTON ACADEMY
High Achievement | Outstanding Care

Supporting Safe Brighter Futures

Focus 2

SCREEN TIME BALANCE

"Do you know how many hours your child spends online each day?"

TRY THIS AT HOME

1. Look at the device's screen-time report together
2. Agree phone-free times, like meals and bedtime
3. Charge devices outside the bedroom overnight

Talk about healthy screen habits and encourage a balance between online activities, physical activity, family time and sleep.