



## **No Tech For Breck Event – Friday 15<sup>th</sup> February 2019**

The Breck Foundation has been set up to help children explore and enjoy their online world safely. They support children in making wiser choices about their interactions with others online – something we feel passionate about at Meadgate Primary School. As you will be aware The Breck Foundation is our chosen charity this year at school. You can find out more about it here [www.breckfoundation.org](http://www.breckfoundation.org)

No Tech For Breck is the perfect opportunity to spend some time engaging with real life activities and face to face relationships. This helps remind us of the difference between our real life friends and those we might interact with online, who may not be who they say they are.

We are encouraging the children to put away the surplus technology and engage with other activities for 24 hours. So ditch the mobile phone and the games consoles and spend time doing other things, with the people around you.

Our Year 6 pupils are separated from their technology each year as we visit the Isle of Wight. Whilst met with initial grumbles we have found that once we embark on our programme of activities, no one misses their phone or console at all. As a school we feel this break is important and many parents have supported us in this.

As a society, we are all connected virtually one way or another, whether you are an active social media user, texter or gamer. We all probably spend more time online than we think we do. No Tech for Breck gives us the opportunity to escape from that and do other things. You might dig out long forgotten toys or puzzles at the back of the cupboard, do some arts or crafts you have not got round to or arrange a play date with a friend. Whatever you decide, spend some time thinking about the amount of time you give to surfing, gaming and other Internet based activities, which could be spent with real-people engaged in real activities.

Families are of course welcome to join in together and perhaps use this as an opportunity to change habits as well. You can help raise funds by getting sponsored to spend the day tech free, using the attached sponsor form.



Mr Figg