

Digital Detox Challenge

Aim to reduce your
Screen time this week!



Go to
Settings

on your Phone.

Select **Screen time**. Screenshot your current usage Monday 7th.

On Monday 14th, screenshot last weeks usage and share it with your **tutor**. Tutors will **email** the winner from each base class to **Ms. Moles**.

All entries get a Special Merit. The person with the most improvement will **win a prize** in each year group.



Screen Time

Daily Average

38m

↓ 84% from last week

IF YOU DONT
HAVE THIS
FUNCTION ON
YOUR PHONE
YOU CAN USE
YOUR IPAD