

DIGITAL DOWN DAY

A day of screen free activities

FRIDAY 12TH FEBRUARY 2021

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Principal - Tony Head
Executive Head - Amanda Perry

8 February 2021

Dear Parents,

This Friday 12 February 2021 will be the first of Portswood Primary School's Digital Down Days.

Whilst online learning is important, sitting in front of a screen for hours can be difficult for many reasons. To promote wellbeing, we will be having Digital Down Days. The aim of these days is for pupils and families to take a break from screen-based learning and get active and creative.

Attached to this letter is a set of 12 challenges that you can choose from. How many of these you choose or how you choose to complete them is completely up to you. You may even have some more creative ideas of your own.

During Digital Down Days, no assignments will be made on Microsoft Teams. Pupils in school will also be taking part in these creative activities.

While we do want to take a pause from screen use, if you do wish to capture and share any of the wonderful creativity that you have made then please send any images or video, by email, to:

digitaldownday@portswoodpri.org.uk

Our aim is that anything that is returned will feature in a shared celebration gallery. We are excited to see what you all come up with.

Thank you for your on-going support, hard-work and perseverance over this half term.

We cannot wait to see you all back in school as soon as we safely can.

Yours sincerely

J. Leonard

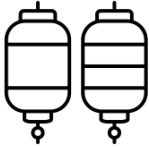

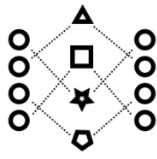








J. Leonard (Vice Principal)

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<p>Make a decoration to celebrate Chinese New Year which is on the 12th February. It will be the Year of the Ox.</p> 	<p>Read a story to somebody in your family.</p> 	<p>Make your own secret code and write a message to somebody at home.</p> 
<p>Do a musical performance; sing, play an instrument, clap a rhythm.</p> 	<p>Prepare some food – make a sandwich, bake a cake, arrange a colourful salad, help somebody to prepare a meal.</p> 	<p>Play a board game or a card game.</p> 
<p>Get moving. Do some exercise.</p> 	<p>Go for a walk and try to spot something for each colour of the rainbow.</p> 	<p>Tidy a room in your house (Your bedroom would probably be a good place to start)</p> 
<p>Build something.</p> 	<p>Create a piece of animal art. Draw, paint, collage – Can you make one of the animals from the Chinese zodiac?</p> 	<p>Create a fact file about your favourite person. – It could be a sports star, a musician, a scientist or even a member of your family.</p> 