



# Arnside National Primary School

*'Aspire – Believe – Achieve'*

Headteacher: Mr Nick Sharp BA Hons (QTS)

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29<sup>th</sup> November 2018

RE: **Digital well-being – a healthy balance**

Dear Parent / Carer

As part of our focus on pupil well-being, we have organised a **'Digital Well-being'** session for pupils and parents. Donna Moore, school nurse, will lead the training and help explore any topics and issues that may be of concern to parents or pupils. It's an issue that is becoming more widespread as the digital age takes an increasingly prominent role in our lives. If you're concerned about screen time, gaming, social media, online safety etc, please come along and work with us.

The session is open to all parents and pupils. It will take place on:

**Thursday 6<sup>th</sup> December, 3.15 – 4.30pm.**

If you would like any further information, please don't hesitate to contact myself or Ms Piper, Deputy Headteacher.

Thank you for your help and support.

Mr N Sharp

Headteacher



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