WELLFEST
NEWSLETTER

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Why we need to reduce our time on technology and how to do so.

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The pros and cons of videos games and how games like Fortnite are effecting young people.

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Some information to note regarding social media, relevant images and a 7-day challenge on taking a break from social media.

HealthPromotingSchools
Scoileanna Cothaithe Sláinte

"Nobody's life is perfect, social media is just like a glossy magazine."

HEALTH PROMOTING SCHOOLS

Welcome back! We hope you got some tips from last week's newsletter on becoming active. This week we are trying to focus on the usage of technology and the theme of this newsletter is "Tech a Break". In other words, taking a break from technology. Again, like we said in our previous issues, we feel this is a key topic to focus on because social media, phones, tablets or pretty much anything with a screen is ruining us and the younger generations. So we've put together a few things to see what you really know about the usage of technology and the effect it has on us.

Áine Slattery (Chief Editor) & Fionnán Hurley (Contributing Editor)

SOME TIPS ON HOW TO "TECH A BREAK"

1. *Turn off notifications on your phone:*
   From morning to night, we are distracted by flashes, stream of dings and constant alerts on our devices. Turn them off, go to settings on your phone, scroll to notifications and select off. IT'S EASY !!
2. *Plan a curfew:*
   Get everyone in the family to check their devices at 8pm and after 5 minutes switch them off. Numerous studies have shown that high amounts of screen-time, especically in the evenings, disrupts your sleep. If you remove all devices from you and your families rooms, you'll stop the temptation to check your notifications.
3. *Keep a book in reach at home:*
   If you have a book by your side, your mind will be set on reading and not scrolling up and down on a screen with your thumbs. It's better for your eyes to be reading from a page than a bright screen.
4. *Remove social media apps:*
   Going completely social media-less can be hard but we urge you to try it for a day or two. Distract yourself. Go outside and get active, or do a workout like the sample we included in last week's newsletter…if you read it.
5. *Turn down the brightness on all screens:*
   For televisions, select the "natural" setting and lower the brightness so it won't get your attention as much as the high brightness. Turn computers down too; if you're constantly on a computer, it'll hurt your eyes as much as phones will.

VIDEO GAMES – PROS & CONS

This may be a sensitive topic to many students in BCC, as it's clear that games like Fortnite are incredibly popular, especially among boys. However, the long hours spent playing and the violent content have been proven to have some negative effects on young minds.

Due to the popularity in our school, I'll start with the positives first. Video games have been proven to improve cognitive functions, hand and eye coordination, and quick thinking and accuracy. They're also said to establish problem-solving abilities and improve your mood in some cases.

However, no matter how flat you make a pancake, there's two sides to every story. The negative effects are related to the amount of play and the game content. One of the most detrimental effects of playing violent video games is the increased aggression in children. Some researchers claim that young people are becoming desensitised to violence. There's also claims that young people are now becoming addicted to video games, spending 2-3 hours playing each evening and reaching up to 7-8 hours a day at the weekends. Fionnán Hurley of TY states he once played Fortnite "seven hours straight" followed by "two hours of watching Narcos" .

Video games are also linked to poor academic performance. A survey has shown 47% of heavy online users get poor grades. There's also a risk of childhood obesity and the possible harm to children's eyesight in the long run due to the constant glare of the screen.

So while too much of anything is bad for you, we strongly advise you to limit your video games usage to a healthy amount, don't let it comsume your life and fill up all your free time.

"People are losing the ability to empathize because technology is in the way."

7 - DAY

MEDIA DETOX CHALLENGE

DAY ONE Unsubscribe & unfollow	DAY TWO Media-free until 9am
DAY THREE Media-free until after lunch	DAY FOUR Media-free after dinner
DAY FIVE Read/watch only 3 things	DAY SIX Have only one tab open all day
DAY SEVEN Media-free day!	

KEY PIECES OF INFORMATION YOU SHOULD NOTE ABOUT SOCIAL MEDIA:

- *Reducing time with devices makes it more possible for families to actually spend time together interacting and talking to each other face-to-face.*
- *Other studies have shown that cutting down screen time can also have a positive effect on our physical, social, and behavioural well-being, and can even improve our academic performance.*
- *Also, kids spend more time using electronic media devices than they do on any other activity–an average of 7 hours a day, according to the American Academy of Pediatrics.*
- *Spending too much time on screens has been linked to not getting enough sleep, poor grades, and a greater risk of obesity.*
- *Research has shown that kids spend more time using electronic media devices than they do on any other activity–an average of 7 hours a day.*

❖ *We spend 2 hours a day or 38 days a year locking and unlocking our phones.*

- *Social media can lead to bad stuff happening, for example, cyber bullying, invading of your privacy (hacking), strangers contacting you, etc.*

Reasons why social media is ruining us and to persuade you to delete some apps.

https://www.youtube.com/watch?v=GAnxJYMIRI4