



20th March 2018

Dear Parent(s)/Guardian(s)

On Thursday 19th April we will be taking students (Remove - Upper Four) to a presentation given by Dr Alec Sigman on screen dependency at St James. The aim of the talk is to give students an understanding of:

- How the over-use of electronic media may affect their school performance, academic achievement, physical and mental health, social skills and relationships.
- E-Safety and Cyberbullying.

During this digital age we are dependent upon technology in many aspects of our lives. Of course, technology can enhance our learning and at College we have embraced the use of devices to allow our students to discover and work independently. However, we are not naive about the negative impact digital media can have on our young people. Therefore, we advocate educating our students so that they can make informed decisions. We believe this is an important message for the girls to hear and we hope you will support us in our decision to take your daughter to the presentation and subsequently explore what has been learned by her as a result of this presentation.

The students will make their way to St James on foot accompanied by staff at the following times:

- Remove and Lower Four at 08:45 (09:00 presentation) and make their way back to College at 10:00. (Girls should meet in the Hall at 08:40)
- Upper Four will depart for St James during break time for an 11:15 presentation and make their way back at 12:30. (Girls should meet in the Hall at 11:10)

Consent will be assumed unless you notify us to the contrary. Please email me directly if you wish to withdraw your daughter from attending this presentation, and if you have any queries, please do not hesitate to contact me at vmitchell@ladiescollege.ac.gg in the first instance.

May I also remind you that Dr Sigman is running a session for parents on **Wednesday 18th April** at 18:00 at Elizabeth College if you wish to attend. Many thanks to both the Friends of Elizabeth College and Elizabeth College for the opportunity for our students and parents to participate in this presentation.

Yours sincerely,

Dr V Mitchell