



UFFCULME SCHOOL

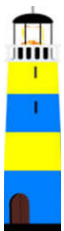
Social Media

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Facebook, Twitter, Snap Chat and other forms of social media can be great to keep in touch with friends and family. However research suggests that over using social media for lengthy periods each day is closely linked to depression and anxiety

- Limit your use of social media to **no more than 3 hours each day** . It is surprising how those minutes add up over the day.
- Set aside time early in the evening to catch up on social media, but have a 'switch off' time at least an hour before bedtime.
- Turn off all your devices off at bedtime. Or even better, leave them outside your bedroom after 'switch off time'.

Try something different. There are lots of activities and clubs on offer at school. Or see what is on at your local leisure centre or community hall.



Uffculme School Student Welfare Services
Looking out for our students