



# Digital Free Day

10th February 2026

Get ready for the Challenge!

We are launching a new 24 hour challenge.

**We are challenging you and your family to go Digital Device Free for a whole 24 hours on 10th February.**

We know first hand that children today spend more time on screens than any generation before them. While technology brings many benefits, growing evidence shows that too much screen time can have real consequences for children's learning, wellbeing and development. We see first hand the impact technology has had on childhood.

That is why we are introducing a Non-Digital Device Day—and we are Challenging all families to join us.

We will be sending out further information on the rationale and benefits as well as advice on limiting screen time and device time next week. But for now save the date (10TH February), tell your friends and family and get ready for the 24 hour challenge. (Starts at midnight so by the time the children wake up the will already be 7 or 8 hours through the challenge!- It can be achieved by us all with a bit of effort).

In the meantime we would like you to view the attached thought provoking Youtube clip (please click below). We hope you view it and start making small changes to make family use of device time. Yes we do see the irony of asking you to view this on your laptop or phone but it is a very short and thought provoking view!



RESPECTFUL



AMBITIOUS



RESILIENT