

通告 Notice

No. 20051 : 'Digital Detox Challenge' Programme

5th February, 2021

Dear P4-P6 Parents,

To help our students develop healthy habits when using digital devices (i.e. I-pad, laptop, smartphone, etc) and minimize their time spent on these devices, our school will cooperate with Hong Kong Playground Association Break and Build Team (the Team) to hold a 'Digital Detox Challenge' Programme. We would like to invite your child to join this programme.

The challenge will last for 6 weeks. In this period, students will be interviewed by the Team once a week to collect their screen time usage and discuss their digital device usage. The time students spend on their digital devices will be calculated and accumulated, and then be used to redeem rewards when the challenge is completed. The details of the programme are as follows:

Date	Time	Activities	Targets	Mode
27/2/2021 (Sat.)	10:30 a.m. - 11:30 a.m.	Welcoming and Orientation Session	Students and parents	Zoom
8/3/2021 - 16/4/2021 (6 weeks)	/	Challenge Period (Follow-up by the Team once a week, around 15 minutes for each contact)	Students	Phone contact/ Zoom
4-5/2021	/	Reward Redemption (The reward will be based on students' interests and wishes)	Students	To be confirmed
5/6/2021 (Sat.)	10:30 a.m. - 11:30 a.m.	Sharing Session and Closing Ceremony	Students and parents	To be confirmed

Remarks:

1. All the above activities are free of charge.
2. The cost of the programme has been fully subsidized by the school. In order to prevent a waste of school resources, parents' participation (especially in encouraging students to finish the programme) is important.
3. Further details of the 'Reward Redemption' and 'Sharing Session and Closing Ceremony' will be announced through ClassDojo later.



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4. The log-in Zoom details for the 'Orientation Session and Opening Ceremony' are as follows:
 - 4.1. Meeting ID: 886 0265 3243
 - 4.2. Passcode: 25775188
 - 4.3. Parents and students are able to login to the Zoom meeting at 10:25 a.m.

Please complete the google form (<https://forms.gle/hB94bwy6D5WBS3nX6>) on or before 8th February, 2021. For enquiries, please contact Ms. Lai Sin Ling by ClassDojo or on 2577-5188.



Li Sing Tai Hang School



Ms. Shirley Yip, the Principal