

# ST. ANNE'S CATHOLIC HIGH SCHOOL FOR GIRLS



Act justly, love tenderly, walk humbly with your God

March 2025

Dear Parent/Carer

## Re: Digital Detox Week

From **Monday 10th March to Monday 17th March**, we are launching Digital Detox Week! This is an opportunity for students to take a break from their phones and experience life beyond the screen.

### Why are we doing this?

We know how much phones have become a part of everyday life, but sometimes, taking a break can do wonders! By stepping away from screens, students can:

- Focus better on their learning
- Have more meaningful conversations with friends and family
- Feel less stressed (no more constant notifications!)
- Get creative and try new hobbies
- Sleep better without late-night scrolling

### How will it work?

Students will be introduced to the challenge this week and encouraged to opt in. Parents/Carers of confirmed participants will receive an email on Friday afternoon to confirm their daughter's involvement.

On **Monday 10th March**, mobile phones will be collected and stored safely. They will not be returned until **Monday 17th March**.

Throughout the week, students will keep a daily detox journal to reflect on their thoughts and feelings during the experience

**Everyone who completes the full week will earn achievement points AND be invited to take part in a special, unique experience (but we're keeping that a surprise for now!).**

We'd love for you to encourage your daughter to take part in this challenge – who knows, they might even enjoy the break! Please let me know if you have any questions.

Yours faithfully

Mr D Delaney  
**Assistant Headteacher**

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