



CHIJ Our Lady of the Nativity

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Safer Internet Day

1. Safer Internet Day (SID) is an annual global initiative which aims to promote safer and more responsible use of online technology and mobile devices among children and young people. In Singapore, the Safer Internet Day 2024 theme for schools and students is **“Digital Well-being and having a Healthy and Balanced relationship with Technology”**.
2. As part of CHIJ OLN’s commitment to Safer Internet Day, we are encouraging students to commit to a **screen-free weekend**.

Students are encouraged to commit to having a screen-free weekend by **not engaging in recreational screen time**. Students should then **replace** the time they would have spent on digital devices with an offline activity such as:

- Playing a sport
 - Outdoor activities such as hiking/cycling etc.
 - Spending time with friends in a face-to-face setting.
 - Encourage family members to also engage in a screen-free weekend and take part in a family activity (e.g. board games, household chores)
3. Attached is Ministry of Health’s Guide on Screen Use in Children. This advisory provides practical suggestions to families on how to organise and manage their children’s screen use.
 4. We would like to invite you to join your child on a screen-free weekend and engage in some offline activities together. Have an enjoyable screen-free weekend!

Yours sincerely,

Ms Christina Teo
Principal

This is a computer-generated letter. No signature is required.