



## Bishop Wood C of E J School

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Mrs. L.A.Hardman, Headteacher

13<sup>th</sup> January 2017

Dear Parents,

### Re: "Fitbits" in school.

We have become aware of a small but increasing number of children who are wearing "fitbits" or similar devices in school. As you are aware, smart watches are not allowed as part of our uniform policy, and we now wish to extend this to these "fitbits" as well.

Some parents have expressed concerns about their children becoming overly interested in "fitbits" belonging to other children, the number of steps they are doing during the day, and the associated number of calories they are therefore burning.

As you know, we are an accredited "Healthy School," and do all we can to encourage fitness and well-being. However, this approach has to be a balanced one, and we would not wish to be encouraging potentially obsessive step and calorie counting, certainly at this young age.

The staff appreciate your co-operation and understanding in this matter.

With kind regards,

Jon Hall  
Deputy Headteacher

