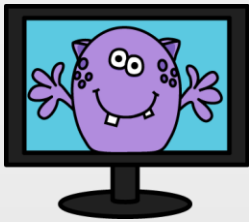




Scoil Aonghusa

Ghlacamar Sos Digiteacha i Mí Dheireadh Fómhair

This is what some of our students said about the October Digital Detox.



Nuair a thosaigh mé an sos digiteacha níor cheap mé gur smaoineamh an-mhaith a bhí ann. Ach bhain mé triail as. Bhí sé go hiontach! Chodail mé níos fearr agus mhothaigh mé níos fearr. Mhúch mé m'uirlisí leictreonacha uair a chloig sula a chuaigh mé a chodladh. Molaim duit triail a bhaint as.

When the digital detox started I did not think that it was a good idea. But I did give it a try. It turned out to be a great experience for me. I am sleeping better and I actually feel better. I have started to turn off my electronic devices 1 hour before bedtime and read a book. I recommend anyone to try this.



Ar dtús níor cheap mé go raibh maitheas ar bith ag baint leis an sos digiteacha. Ach d'athraigh mé m'intinn. Molaim duitse triail a bhaint as.

Bheartaigh mé leabhair a léamh in ionad féachaint ar mo thaibleid. An chéad oíche léigh mé 3 chiabidil de leabhair agus mé an sásta liom féin.

At first I didn't think that the digital detox would be of any benefit to me. But I have changed my mind! I believe that everyone should try it. I decided to read my book instead of looking at my tablet in the evening. The first night I read three whole chapters of my book.



Táimid ag déanamh níos mó le chéile mar chlann agus is maith liomsa é seo.

We have started to do a lot more activities as a family and I like this very much.

Ar dtús bhí sé an-deacair dom ach tar éis tamaill bhí sé éasca. Mhúch mé mo fhón uair a chloig roimh dul a chodladh. Roimhe seo bhí nós agam mo fhón a choinneáil ar súil in aice liom i rith na hoíche agus bhí sé de nós agam dúisiú cúpla uair i rith na hoíche ag déanamh seic ar an bhfón. An chéad oíche chodail mé an oíche ar fad don chéad uair le tamall an fhada.

At first it was hard but as the days went on it got easier. I have started to turn off my phone one hour before bedtime and do not turn on my phone again until breakfast time. Before this I would keep my phone on and keep it beside my bed. I used to wake up a few times during the night to check my phone for messages. The very first night I slept the whole night for the first time in a long time. I feel so much better after a full night's sleep. I will continue turning off my phone every night.



Dáta don dhialann – Date for your diary

Beidh cur i láthair do thuismitheoirí ar shábháilteacht idirlín agus cúrsaí teicneolaíochta i saol na bpáistí i halla na scoile ar an **Máirt 7 Samhain @ 8 a chlog.**

Parents are invited to an informative talk on internet safety and the influences of technology on the lives of children in the school hall on Tuesday 7th November at 8 p.m. (Tuesday after the Midterm Break)