

Dear parents/guardians

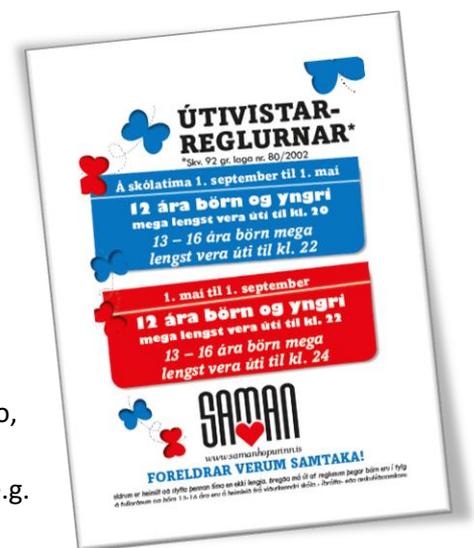
Yet another school year is over. A school year that certainly has been different from what we are used to.

A questionnaire from February 2021 responded to by our pupils in [5.-7. grade](#) and in [8.-10. grade](#) indicates that they are mostly doing well despite difficult condition. We have also achieved good results in health promotion/sports and prevention work through cooperation with parents and solidarity.

However, there are various signs to be concerned about. Therefore we want to urge parents/guardians of children in preschool and primary school to be vigilant in their important preventive roles. The adventures of summer, with more free time, can bring various dangers as children and teenagers are free of the daily routine. It is of great importance that parents keep in mind the protective aspects in the lives of children, from the very start of primary school, just as well as for older children.

We would like to point out those protective aspects;

1. Parents and children spending time together.
2. Good and sufficient sleep.
3. Caring parents and clear boundaries.
4. That parents know their children's friends and their friend's parents.
5. The importance of children's participation in organized afterschool activities/leisure activities.
6. To respect [outdoor time rules](#) and law on child protection.
7. A clear stance against any consumption of alcohol, drugs, tobacco, nicotine pillows and e-cigarettes.
8. Cooperation, trust and participation in parent cooperation, e.g. class agreements, parent councils and parent walks.



**These are aspects that parents need to respect and keep in mind in the upbringing of children of all ages.**

Research indicates that the main challenges we face are, for example, not respecting children's outdoor rules after regular outdoors hours ends. It is also a concern that fewer children value their mental health as good or very good. Growing number of children say they are not getting enough sleep and it is therefore of importance to stick to outdoor rules and set a limit for children's use of smart devices and computers. Since October 2020 we also see increase of teenagers in the 10th grade that has experienced alcohol intoxication as well as consumption of cannabis. There has also been a significant increase in use of nicotine pillows, which is a cause of concern. Increase in use of pornography and pornographic selfies is also alarming and important to combat.

We believe that these challenges can be addressed in good co-operation with parents and all involved in the upbringing of children and adolescents as research has shown that such solidarity can bring good results.

With summer greetings

Health and prevention team of Reykjavik City's Department of Education and Youth