



19 May 2017

Dear Parents and Caregivers,

I am writing to you with reference to the latest craze that is sweeping Australian schools: finger spinners or fidget spinners. While I have no doubt that this craze will go the same way as bottle-flipping, planking, Tazos and Pokemon, I have become aware of a concerning development with finger spinners.

More exotic designs of finger spinners are appearing, including ones that resemble weapons, as in the photo below. These devices are illegal, being classified by the police as a prohibited weapon. I strongly urge parents not to permit such devices to come into the possession of your children. I absolutely forbid them from being brought to school. I trust that I have the support of the school community in this matter.



As a higher level of reflection, it seems likely that these spinners are being used as a means of avoiding boredom. As I have written in my blog on occasion, I believe all of us need to make our peace with boredom and re-acustom ourselves to a low-stimulus environment, in order to develop our own inner lives. The finger spinner may have a calming effect, but it is not at all clear that such an effect actually leads to improved concentration or focus. I have not yet seen evidence supporting the positive effect of these toys and so I do not wish to comment further. However, if parents wish their child to be permitted to make use of a finger spinner during class time for therapeutic reasons, a written request directed to Dr Lye Chan Long along with supporting documentation from an appropriate professional is required.

As I said previously, I have no doubt that this craze will evaporate soon enough, and it will be replaced by another. Hopefully these crazes will continue to be no more than fodder for nostalgic reminiscences about the journey through childhood. After all, we have all been there!

Yours sincerely,

Mr Tim Bowden  
Principal

**Tim Bowden** Principal BA Comm, BD(Hons), Dip Ed, Dip Min, MACE, MACEL

75-85 Billa Road, PO Box 3066, Bangor NSW 2234 Phone (02) 9543 2533 Fax (02) 9543 7514  
Email [bowdent@inaburra.nsw.edu.au](mailto:bowdent@inaburra.nsw.edu.au) Web [www.inaburra.nsw.edu.au](http://www.inaburra.nsw.edu.au)