



## **BVSD WELLNESS IN A DIGITAL WORLD GUIDELINE**

### **Instruction**

In considering the use of digital tools, BVSD will:

- Plan for balanced, purposeful, safe, and appropriate use of digital tools that support teaching and learning.
- Design learning opportunities that actively engage students using various learning modalities.
- Encourage students to be creators and producers of content.
- Provide learning opportunities that use a variety of teaching strategies (for example: blended learning, collaborative grouping, intentional rotations).
- Provide timely feedback to guide learning.
- Support individual learning needs.
- Increase accessibility to resources and the ability to collaborate within and beyond the school day, as appropriate.
- Develop the essential skill of being a critical consumer of digital information.
- Reduce access barriers to digital tools at home through education and partnerships aligned to BVSD's values and goals.

### **Mental and Social Wellness**

In considering the use of digital tools, BVSD will:

- Promote and maintain positive human connections and relationships.
- Encourage healthy personal relationships through positive communication.
- Teach and promote positive emotional health using skills such as mindfulness.
- Support students in learning how to manage distractions and maintain focus.

### **Digital Citizenship**

In considering the use of digital tools, BVSD will:

- Teach students how to use technology responsibly and appropriately as a tool for learning and meaningful collaboration.
- Teach students about privacy settings and how they can reduce their online vulnerability.
- Teach students how their digital footprint impacts their lives and the lives of others, both now and in the future.
- Teach students how to use technology in a socially responsible way.
- Monitor students while they are using digital tools in a developmentally appropriate way.

## **Physical Wellness**

In considering the use of digital tools, BVSD will:

- Consider the age and developmental level of students and teach the importance of time limits. It is recommended that passive use of technology be limited with younger students.
- Provide regular opportunities for movement. Encourage and enable students to take eye and stretch breaks in intervals depending on classroom activity. A 20 second break every 20 minutes is recommended by many health professionals.
- Encourage students to keep screens approximately 20 inches away.
- Encourage students to decrease device brightness as appropriate for classroom lighting.
- Support healthy habits and encourage physical exercise.