



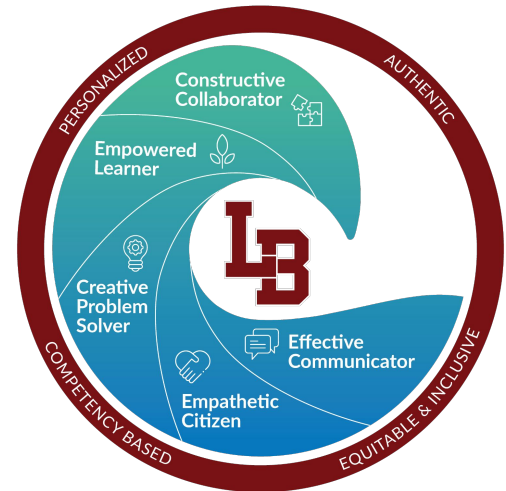
LAGUNA BEACH  
UNIFIED SCHOOL DISTRICT

## Intentional Use of Technology UPDATE

January 22, 2026

# Education as a Human-Centered Endeavor

*In K–12 education, learning starts with human inquiry and should end with human reflection, human insight, and human empowerment*

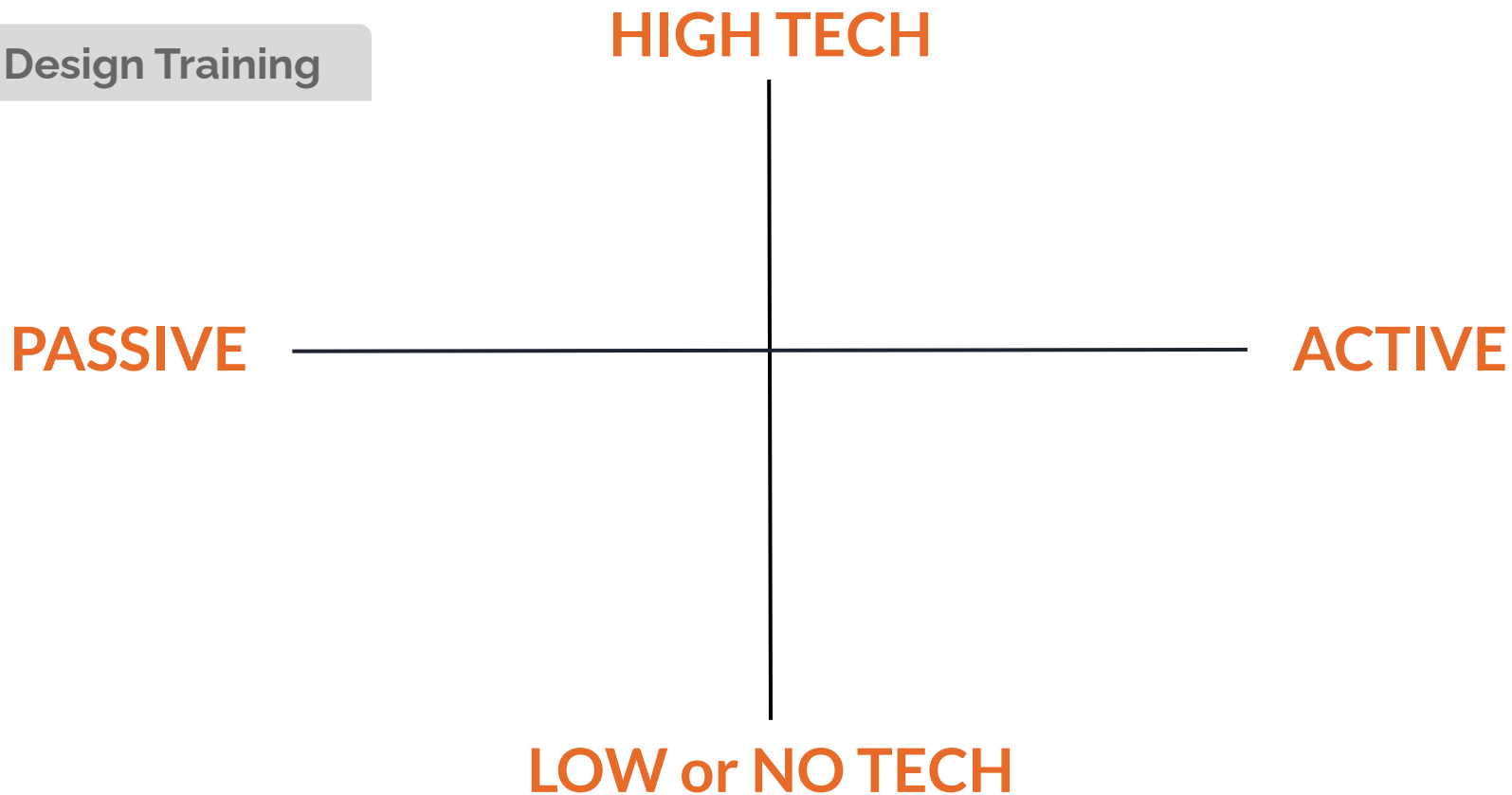


# Examples of Technology Use

| Category                         | Purpose   | Examples   |
|----------------------------------|---|--|
| Media Creation                   | Project-based learning, student expression                        | Slides, Canva, video editing                             |
| Recording & Analyzing Data       | Supporting hands-on learning                                      | Google Sheets for lab reports                            |
| Computer-Aided Instruction       | Personalized practice, immediate feedback, and skill building     | i-Ready, ST Math, iXL Math                               |
| Ideation & Collaboration         | Brainstorming, sharing, and group thinking                        | Padlet, Google Forms                                     |
| Formative Assessment             | Feedback, reteaching, grouping                                    | Pear Deck, Blooket, Quizizz                              |
| Research & Inquiry               | Developing critical thinking and knowledge                        | Google Search, Britannica School, Gale, College Research |
| Attendance & Check-In            | Sign up for tutorial classes and attendance                       | LBHS/TMS Flex App  |
| Learning Management System (LMS) | To accept work give feedback, provide grades, and track progress. | Canvas LMS-TMS/LBHS / Google Classroom-Elementary        |

# Instructional Practices Audit

Unit Design Training



# What is “Screen Time”?



**NOT SCREEN TIME**



# What is “Screen Time”?

## Sustained

The activity is centered on the technology itself and demands the student's focus

*e.g. iReady,  
Gimkit,  
essay writing*



## Intermittent

Device is on as part of a wider activity but intermittently referenced/used

*e.g. note-taking,  
EduProtocols,  
fact-checking*



## Shared

One device is being shared between a group of students in a mostly in-person activity

*e.g. group lab work,  
brainstorming,  
project management*



# LBHS

## ELA: 32% of class time

**21 minutes** per class period

- Sustained - 10 minutes
- Intermittent - 9 minutes
- Group - 2 minutes

## Science: 34% of class time

**22 minutes** per class period

- Sustained - 5 minutes
- Intermittent - 14 minutes
- Group - 3 minutes

## Math: 35% of class time

**22 minutes** per class period

- Sustained - 8 minutes
- Intermittent - 3 minutes
- Group - 11 minutes

## Social Studies: 31% of class time

**20 minutes** per class period

- Sustained - 9 minutes
- Intermittent - 7 minutes
- Group - 4 minutes

## Electives/World Language: 32% of class time

**21 minutes** per class period

- Sustained - 13 minutes
- Intermittent - 8 minutes
- Group - 0 minutes

## Physical Education (PE): 0% of class time

**0 minutes**

- Sustained - 0 minutes
- Intermittent - 0 minutes
- Group - 0 minutes

# LBHS

**Grades 9-12**

**Draft Guidelines:**

**Less than 3 hours (*less than 50% of instructional time*)**

**Screentime: 29% of class time per day**

**\*\*On average, 68 minutes per day**

***Of that 29%...***

**Sustained - 39%**

**Intermittent - 35%**

**Group - 17%**

***\*\*On average for a 6 period day, not including Tutorial period***



# TMS

## ELA: 35% of class time

**29 minutes** per class period

- Sustained - 16 minutes
- Intermittent - 9 minutes
- Group - 4 minutes

## Science: 38% of class time

**31 minutes** per class period

- Sustained - 18 minutes
- Intermittent - 8 minutes
- Group - 5 minutes

## Math: 44% of class time

**36 minutes** per class period

- Sustained - 21 minutes
- Intermittent - 12 minutes
- Group - 3 minutes

## Social Studies: 33% of class time

**27 minutes** per class period

- Sustained - 12 minutes
- Intermittent - 12 minutes
- Group - 3 minutes

## Electives/World Language: 35% of class time

**29 minutes** per class period

- Sustained - 13 minutes
- Intermittent - 8 minutes
- Group - 8 minutes

## Physical Education (PE): 0% of class time

**0 minutes**

- Sustained - 0 minutes
- Intermittent - 0 minutes
- Group - 0 minutes

## Grades 6-8

### Draft Guidelines:

Less than 3 hours (*less than 50% of instructional time*)

**Screentime: 31% of class time per day**

**\*\*On average, 90 minutes per day**

***Of that 31%...***

**Sustained - 52%**

**Intermittent - 32%**

**Group - 16%**

***\*\*On average for a 6 period day, not including Tutorial period***

# Elementary

## TK: 0% of class time

**0 minutes** per day

- Sustained - 0 minutes
- Intermittent - 0 minutes
- Group - 0 minutes

## KINDERGARTEN: 12% of class time

**36 minutes** per day

- Sustained - 32 minutes
- Intermittent - 2 minutes
- Group - 2 minutes

## 1ST GRADE: 12% of class time

**38 minutes** per day

- Sustained - 36 minutes
- Intermittent - 1 minute
- Group - 1 minute

## 2ND GRADE: 12% of class time

**37 minutes** per day

- Sustained - 29 minutes
- Intermittent - 7 minutes
- Group - 1 minute

## 3RD GRADE: 26% of class time

**86 minutes** per day

- Sustained - 46 minutes
- Intermittent - 32 minutes
- Group - 8 minutes

## 4TH GRADE: 19% of class time

**60 minutes** per day

- Sustained - 30 minutes
- Intermittent - 19 minutes
- Group - 11 minutes

## 5TH GRADE: 19% of class time

**60 minutes** per day

- Sustained - 32 minutes
- Intermittent - 25 minutes
- Group - 3 minutes

*\*Approximate numbers and percentages based survey responses (Fall 2025)*

# Elementary

## Grades K-2

### Draft Guidelines:

Less than 1 hour (*less than 20% of instructional time*)

**K-2 Screen Time: 12% of class time per day**

\*On average, 38 minutes per day

*Of that 12%...*

Sustained - 88%

Intermittent - 8%

Group - 4%

## Grades 3-5

### Draft Guidelines:

Less than 2 hours (*less than 40% of instructional time*)

**3-5 Screentime: 21% of class time per day**

\*On average, 68 minutes per day

*Of that 21%...*

Sustained - 53%

Intermittent - 37%

Group - 10%

# Why might students perceive this to be more than teachers are reporting?

Homework might include screentime. (Some online homework allows for student immediate student feedback.)

Survey was conducted in late May, which was during or right after State/AP testing.

Students could feel fatigued because there is overall a feeling they are on computers/phones too much between school and home usage.



# Next Steps

- Homework survey for teachers and students
- Annual parent and student survey in March
- Student focus groups
- Continue professional development on human-centered design and intentional tech use
- Review and analyze student, staff, and parent survey

# Board Resolution Regarding Screen Time

1. Review and monitor classroom practices and curricular expectations to ensure that student screen time is optimized for learning and minimized where unnecessary.
  - *Staff PD day/meetings, development of guidelines*
2. Develop districtwide guidelines for age-appropriate, instructional use of technology that balance screen-based and non-screen-based learning activities.
  - *Developed guidelines*
3. Provide professional development for teachers and staff on effective strategies to balance technology integration with non-digital instructional practices.
  - *Unit Design PD, lunch-n-learn PD, staff meetings, and ongoing instructional coaching*
4. Collect and analyze data on student screen time across grade levels and subjects to guide decision-making.
  - *Fall K-12 teacher data collection and analysis, refine annual survey, adjust timeline of survey administration to move away from spring testing, grades 3-12 student and parent survey in March*
5. Collaborate with families to promote healthy screen use at home and at school.
  - *Securly Home deployed, parent education workshops (Dec - Mar)*

# LBUSD Screen Time Guidelines

## Purpose & Rationale

LBUSD is committed to using technology intentionally to enhance student learning, promote well-being, and support equity. While digital tools offer many benefits, research shows that excessive screen time can negatively impact physical health, attention span, and emotional regulation.

These guidelines aim to:

- *Ensure a balance between screen-based and face-to-face learning*
- *Support healthy tech habits*
- *Provide consistency across classrooms and grade levels*
- *Encourage high-quality, purposeful use of digital tools*



# Proposed Average Daily Classroom Screen Time

## Grade Span

## Maximum Daily Screen Time School

K-2

Less than 1 hour (*less than 20% of instructional time*)

3-5

Less than 2 hours (*less than 40% of instructional time*)

6-8

Less than 3 hours (*less than 50% of instructional time*)

9-12

Less than 3 hours (*less than 50% of instructional time*)



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