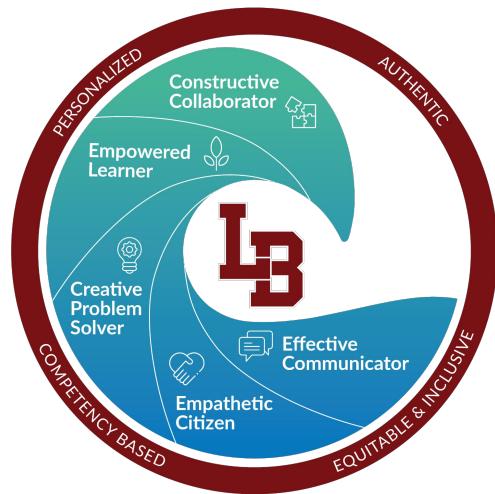


Education as a Human-Centered Endeavor

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

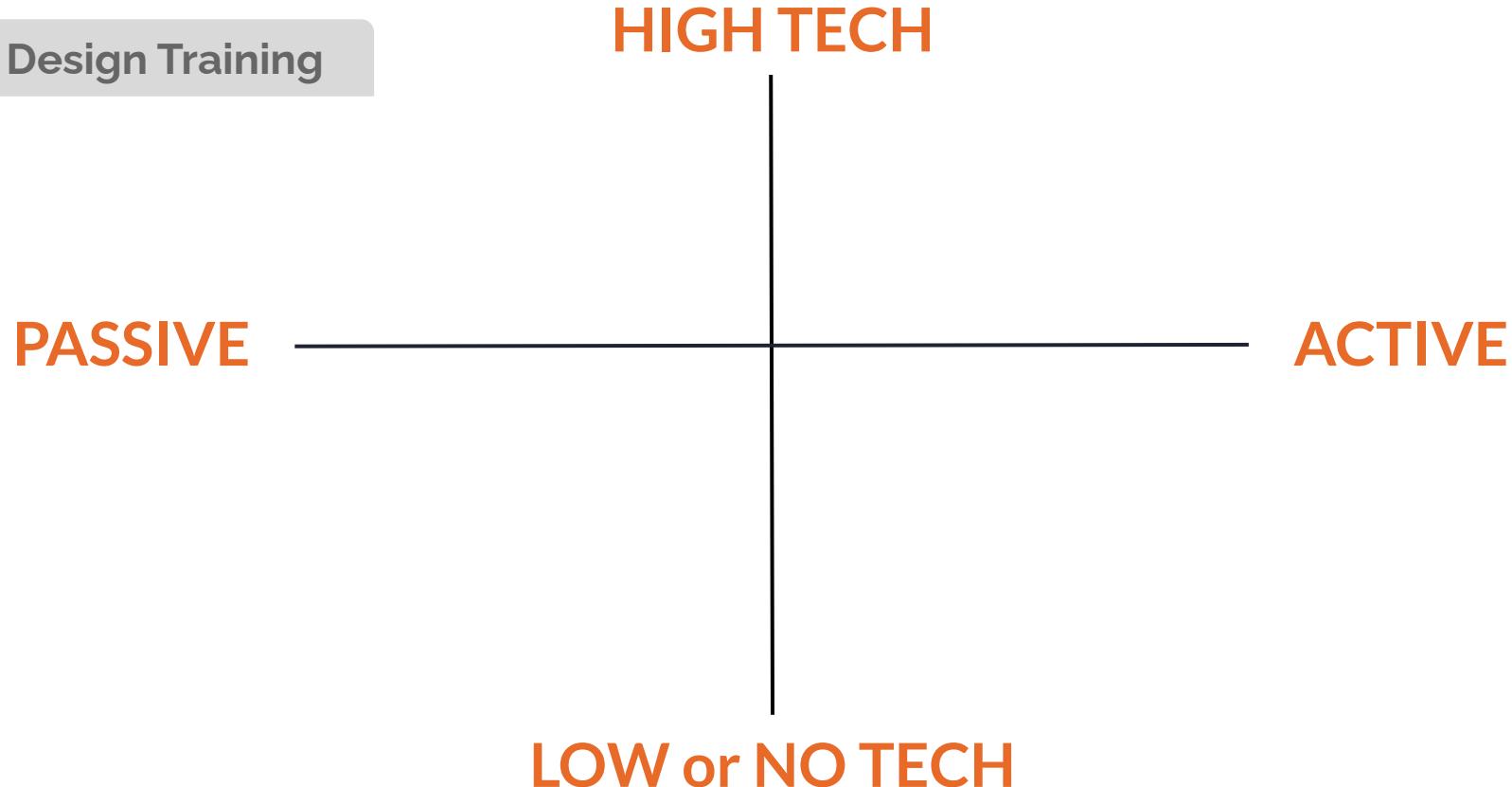


Examples of Technology Use

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

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

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

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

<u>Grade Span</u>	<u>Maximum Daily Screen Time School</u>
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)

