

Texas Education Code (TEC) §38.0231 requires the Texas Education Agency (TEA), in consultation with the Health and Human Services Commission (HHSC), to develop and distribute model health and safety best practice guidelines for the use of digital devices. This document can be found in its entirety at <https://tea.texas.gov/texas-schools/school-boards/tea-digital-device-guidelines-2023-october.pdf>.

Argyle ISD Board Policy CQC (LOCAL) and the accompanying Administrative Regulation outlines the technology standards for maximum limits of student usage as follows:

Pre-Kindergarten & Kindergarten: 30 minutes per day - (2) 15-minute sessions

First & Second Grade: 60 minutes per day - (3) 20-minute sessions

Third - Fifth Grade: 100 minutes per day - (5) 20-minute sessions

Sixth -Twelfth Grade: 175 minutes per day - 25 minutes per class period

Based on a recommendation from the American Academy of Ophthalmology (AAO), every 20 minutes students should look at an object at a minimum of 20 feet for at least 20 seconds to give the eyes a break and allow them to reset. The AAO also recommends blinking frequently to keep the eyes from drying out.

*These time limits do not include online testing, student collaboration, or note-taking. Exceptions are allowable for technology-based classes at the secondary level.