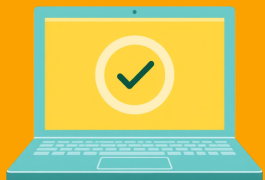


SCREEN TIME & TECHNOLOGY GUIDE FOR PARENTS



INTENTIONALITY OVER CONSTANT CONNECTIVITY

Chromebooks are instructional tools used only when they enhance the curriculum. We prioritize handwriting, face-to-face learning, and offline discovery.

GUARDING STUDENT WELLNESS

We proactively manage “digital fatigue” by implementing age-appropriate guidance to build digitally resilient, self-regulating students.



SCHOOL DAY TIERS: GRADE-LEVEL APPROACH

Foundational (Gr. K-2): Short, purposeful intervals for literacy & numeracy.

Transitional (Gr. 3-5): Active production — coding, drafting, research.

Intermediate (Gr. 6-8): Collaboration & responsible digital footprints.

Advanced (Gr. 9-12): Flexible, collegiate-style self-regulated use.

A PARTNERSHIP FOR SAFETY

The district provides rigorous filtering and monitoring, while partnering with families to reinforce healthy digital habits at home.



ACTIVE VS. PASSIVE SCREEN TIME

Passive (Consumption): Receiver of info, low engagement. Ex: scrolling, video loops, social media—can cause overstimulation.

Active (Creation): Creator & collaborator, high cognitive load. Ex: coding, storytelling, data analysis—builds resilience & literacy.

HEALTHY HABITS AT HOME

Follow guidelines from organizations like the American Academy of Pediatrics (AAP) to establish clear screen time guidelines, which recommend:

- **Children aged 2-5:** Limit screen use to 1 hour or less per day for recreational programming.
- **Children aged 6+:** Limit recreational screen time to no more than 2 hours per day for recreational programming.
- Place consistent limits on the time spent using media and the types of media.
- School Screen Time: Should be balanced by ample physical activity and interpersonal interaction.

