



Board CQC (LOCAL) Administrative Regulations ARGYLE ISD TECHNOLOGY SCREEN TIME GUIDELINES

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 [this link](#).

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

Pre-Kindergarten & Kindergarten: 15 minutes per day

First & Second Grade: 30 minutes per day - (2) 15-minute sessions

Third - Fifth Grade: 60 minutes per day - (3) 20-minute sessions

Sixth -Twelfth Grade: 100 minutes per day - 15 minutes per class period

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

Definition of Screen Time

For the purposes of these guidelines, **screen time** is defined as any period during which a student uses an individual electronic device for instructional purposes. This includes *digital assignments, online learning platforms, internet research, educational software, videos, artificial intelligence (AI) tools, and other digital instructional resources*.

Instructional technology will be used **purposefully and at the teacher's direction only when it meaningfully enhances learning, increases efficiency, or provides opportunities that cannot be achieved** as effectively through non-digital instructional methods.

Routine individual student device use during classroom instruction is limited to the following:

- *State- and district-required online assessments
- *District-approved, TEKS-required keyboarding instruction
- *Student choice for note-taking
- *Approved accommodations or modifications identified in an Individualized Education Program (IEP), Section 504 Plan, or intervention plan
- *Secondary tech-based courses where technology is an essential component of instruction
- District-approved instructional software or digital resources when no comparable non-digital instructional alternative exists
- Teacher-directed research and collaborative learning activities
- Digital resources or instructional requirements associated with Texas House Bill 1416

*Does not count against district maximum screen time limit

[Technology Commitments to the Community](#)