Arkansas City Public Schools

Screen Time Quick Guide

Our goal is to ensure student screen time — active use of a digital device for instruction — is purposeful, age-appropriate, teacher-directed, and balanced with other ways of learning.

WE WANT TO SEE

Purposeful: Clearly supports learning.

Teacher-Directed: Used when teachers say they are needed.

Balanced: Supports learning, not replacing good teaching.

Age-Appropriate: Expectations fit students'ages and needs.

Safe & Responsible: Students use approved tools appropriately.

EVERYDAY REMINDERS

- Devices stay closed or put away until needed.
- Use district-approved digital tools.
- Set clear expectations for AI, videos, and shared documents.
- Avoid using technology as a reward, time filler, or entertainment.

GRADE-BAND QUICK LOOK

PreK

Screen use is not part of daily instruction.

Limited use for clear readiness or assessment purposes.

K-2

Minimal, teacher-directed use only.

Up to **120** minutes per week.

3-5

Minimal, instructionally necessary use.

Up to **150** minutes per week.

6-8

Minimal, instructionally necessary use.

Up to **60** minutes per week per class.

9-12

Moderate use with guardrails.

Up to **100** minutes per week per class, including screen-based homework.

AVOID / USE WITH CAUTION

- Non-academic games
- Free-time screen use
- Entertainment-based videos
- Digital worksheets when paper works just as well
- AI use without teacher guidance

USE TECHNOLOGY WHEN IT ADDS VALUE. PUT IT AWAY WHEN IT DOESN'T.