

Kids & Screen Time

OSMS School to Home Connection



Chromebook Use At a Glance

Grade 5		
Minutes per day in class on CB	Minutes per day for HW with CB	Minutes watching any video on Smartboard
20-25	30	20
A team goal for grade 5 is to limit the amount of technology, and HW assigned is meaningful and essential.		
Tech highlight: A digital newsletter is sent home for Bridges math information.		

Grade 6		
Minutes per week, per subject on CB	Minutes per day for HW with CB	Minutes watching any video on Smartboard
30-60	Math- 60 min/week LA/SS/Science: None/rate other than check HW in Google Classroom	Max 30 minutes per week, per subject
Chromebooks supplement learning and lessons and they are not the primarily learning tool. Per request of 97% of students, much of grade 6 work is paper and pencil.		
Tech highlight: NoRedInk, Dream Box, Poly-Up, and Newsela are all online apps or sites supporting learning		

One expectation across grade levels is for Chromebooks to be charged and brought to school daily.

Grade 7		
Minutes per day in class on CB	Minutes per day for HW with CB	Minutes watching any video on Smartboard
LA & SS: Writing days 30 minutes & Reading days <20 minutes Other subjects: minimal	LA & SS: As needed to finish classwork Math: Dreambox (optional); answer key quick check online	0-5 minutes per subject
There's an expectation for students to have their device with them daily, using it anywhere from a few minutes to most of a period depending on the lesson and activities. Screen time is considered and limited, and different activities are incorporated to not have students sitting for long periods of time on screens.		

Screen time and use of meaningful technology by subject, grade and developmental level is a topic regularly visited by Old Saybrook educators. The chromebooks are an essential tool for researching and reading online materials on a topic, for taking notes in google docs and slides that can be shared to collaborate with classmates and teachers. We strive for students to enhance their technology skills and be prepared with 21st century skills, while continually providing enriching "paper and pencil" and project based learning experiences.

Grade 8		
Minutes per day, per class on CB	Minutes per day for HW with CB	Minutes watching any video on Smartboard
Max 30 minutes	Minimal-subject and task dependent	Approximately 20 minutes
Google Classroom is the primary technology app and site. Students are further developing their proficiency with and independence in using Google Apps (e.g. Sheets, Sites, Slides) as preparation for high school		

Screen Time at Home

For kids ages 11-13,
the recommended screen
time per day is up to 2 hours.

-American Academy of Pediatrics (AAP)



Strategies to decrease screen use at home

-Make bedrooms "no screen zones." Kids who have TVs in their rooms tend to watch about 1.5 hours more TV per day than those who don't.

-Designate one or more days per week as "screen-free" days, where physical activity, reading and spending quality time together are prioritized.

-Set firm limits for using screens. For example, no video games on school nights or no electronic devices an hour before bedtime.

-Turn off electronic devices during dinner. Make use of the time together to talk about the day.

-Get active when you do spend time in front of the TV screen. Stretch, practice yoga, walk on a treadmill or lift weights. Challenge everyone to see who can do the most knee bends or leg lifts during commercial breaks.

-When your children's friends gather at your house, limit the amount of time they play video games. After 20-30 minutes of playing, suggest that the children move on to something else that does not involve a screen, like playing a board game or physical game (including playing outside).

-Be a good role model and limit your time in front of a screen to no more than two hours per day, too. If your kids see you following your own rules and being active, then they'll be more likely to follow your example.

-Avoid leaving the TV on for background noise to reduce the temptation to be in front of the TV or leaving devices (ipads, etc.) out. Have a designated "away" area for devices.

-Avoid using electronic devices as a reward or punishment. This makes screens seem even more important. Check out Healthy & Active Non-Food Rewards for other ideas.

Screen free activities and resources:

[101 Screen Free Activities](#)

[We Can! Screen Time Chart - fillable](#)

Helpful articles on this topic:

[Developing Middle Schooler's Healthy Use of Screen Time](#)

[Screen Time and Children: How to Guide Your Child](#)

[Help Your Kids Reduce Screen Time and Move More- goal setting activity](#)



"The key for reducing screen time is to work on a balance of activity for children and parents. In addition to time spent reading and discussing what was read, physical activity, creative play and family time should be in the mix."

-Robert Myers, PhD