

# Information about Screen Time and Academic Use of Technology



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For building principals and administrative staff:

*In Vancouver Public Schools, we support the use of technology for teaching, learning, and enjoyment. We also know the importance of setting limits and finding balance in a digital world. As adults and children spend increasing time using digital tools, concerns about 'screen time' have continued to be raised. Acknowledging that screens include everything from televisions to smartphones used at home, work and school, this issue is complex and not solely limited to technology use in classrooms. Nevertheless, we believe in promoting digital wellness—physical and mental well-being in a digital society.*

As part of the VPS deployment of devices to students, the following supports and instruction are in place.

1. All students receiving an iPad complete a series of 'Digital U' courses that include information about digital citizenship and effectively managing screen time.
2. Professional development to teachers emphasizes how digital tools and resources can complement existing instructional practices, not replace them.
3. Management of student-issued devices limit access to non-academic apps and content.
4. Resources have been developed and shared with parents including the attached digitalworldkids flyer promoting responsible and balanced use of digital devices. Additional resources are available on the weLearn 1:1 website. ([welearn.vansd.org](http://welearn.vansd.org)) and on the second page of this document

As building administrators have likely seen in their classroom observations, the use of devices varies depending on the lesson and instructional objectives.

- Teachers design and determine when and how digital content and devices are used in the classroom.
- The device co-exists alongside novels, scratch paper, whiteboards, markers and manipulatives.
- While the device can be used as a consumption tool for reading, video or multimedia, it is also used for feedback, assessments, collaboration, and creation.
- As directed by the teacher, students are asked to put devices away or 'screens down,' when the device is not needed for the instructional task.

With a goal of developing future graduates, we encourage teachers to plan for and model the academic use of digital devices and digital content which includes some or all of the following:

- Collaboration, communication, creativity and critical thinking
- Student ownership of learning
- Acquisition of skills to enable college and workforce readiness
- Digital citizenship and identity

If you have questions or need additional support, please contact your Instructional Technology Facilitator or Zach Desjarlais, Manager of Instructional Technology

## **Additional Resources for Parents**

**FAQ: How much screen time is OK for my kid(s)?**

<https://www.commonsensemedia.org/screen-time/how-much-screen-time-is-ok-for-my-kids>

**FAQ: Are some types of screen time better than others?**

<https://www.commonsensemedia.org/screen-time/are-some-types-of-screen-time-better-than-others>

**Guide: 5 Simple Steps to a Healthy Family Media Diet**

<https://www.commonsensemedia.org/blog/5-simple-steps-to-a-healthy-family-media-diet#>

**Video: Smart Screen Tips**

<https://www.commonsensemedia.org/video/modal/4911976>

**Video: Three Easy Ways Parents Can Tame Their Device Use**

<https://www.commonsensemedia.org/video/modal/5272996>