

The Importance of Monitoring Student Screen Time

- Students are spending more time than ever before on electronic devices.
- Technology has brought both benefits and challenges to education

Benefits of Technology in Education

Technology has transformed education in many ways, including:

- Access to vast amounts of information
- Interactive learning experiences
- Personalized learning opportunities
- Collaboration with peers and teachers
- Improved communication with teachers and parents

Negative Effects of Excessive Screen Time

While technology has many benefits, excessive screen time can lead to:

- Poor sleep quality
- Eye strain and headaches
- Posture problems and back pain
- Reduced physical activity
- Increased risk of obesity
- Poor social skills
- Difficulty concentrating
- Decreased academic performance

Recommended Screen Time Limits

Children 6 years and older:

- Consistent limits on the amount of screen time per day, with a focus on quality content and balancing screen time with physical activity and other activities

Screen Time Recommendations

- American Academy of Pediatrics and the World Health Organization Recommendations
 - For students ages 6 -10 – 1.5 hours of total daily screen time
 - For all others (including adults) 2 hours of total daily screen time

Source – [EdTech magazine January 2023](#)

Other organizations exclude educational screen time from this recommendation.

Source – [OSF HealthCare](#)

Warning signs of too much screen time

- Not sleeping well
- Not eating well
- Not leaving the house or being social
- Not completing work
- Not physically active

Source – [Time Magazine](#)

Not all screen time is the same

- The total amount of screen time isn't as important as the breakdown of how you spent it
- Many experts have found that time spent on Social Media apps is most concerning.
 - Even with Social Media, people that post and positively engage with others on social media do not have the negative mental effects of those that just passively scroll through Social Media.

Source – [Time Magazine](#)

- Doing homework does not have the same affect as watching a TikTok video

Source – [Education Week](#)

GoGuardian

- Tracks student activity while using their district account.
- Provides a total screen time for students individually.
- Does not provide overall reports.
- GoGuardian had to provide a list of every student and every website they visited along with the time they started until they finished that web site. Just over 353,000 records to analyze for March 6.

Screen Time For March 6

Grade		12	11	10	9	8	7	6	5	4	3	2	1	K
7:30-3:30	Minutes	100	139	108	94	108	99	95	75	59	58	48	44	31
	Students	142	192	232	275	222	238	262	231	231	167	139	126	106
Other	Minutes	78	77	74	86	105	77	82	32	41	28	36	38	23
	Students	124	173	196	267	215	230	253	154	173	115	118	156	12

Is it Really all Bad?

- There is evidence of screen time producing negative consequences, but screen time is not solely to blame for many adverse outcomes.
- How the technology is used, has the biggest impact on the brain.
- Spending the screen time in a positive interactive way does not have the negative side effects of the passive watching of videos or from playing video games for hours.
- Ted Talk on Screen time by Florence Breslin of the Laureate Institute for Brain Research - <https://youtu.be/q3XLnHHPVI8>

Why do we need new devices?

- The two models this will be replacing first became available in 2016 and 2017 and had 5 years of updates.
- Google now supports Chromebooks for a minimum of 6.5 years from the date the internal hardware is first available.
- After the device is no longer supported, it will not receive updates.
- The older Chromebooks do not have powerful enough hardware to handle the updated versions.
- I-ready and other systems have warned us they will be requiring a version that our systems will not support.

Chromebook Update Cycle

- We had enough devices in carts for every student to have a device prior to the pandemic.
- To keep them up to date we were giving 6th graders and 9th graders new devices. The old devices would be given to the elementary buildings. We knew this year we would need extra devices, so many of our devices were expiring at the same time.
- Due to increased enrollment, breakage, and the long lead time to get parts, we need even more than previously expected.

Conclusion

- Monitoring and managing students screen time is crucial for promoting students' overall well-being and academic success.
- Setting clear rules and expectations and encouraging a balance of screen time and other activities, students can get the most out of their education without compromising their health.
- If we don't get additional devices, not every elementary students will be able to use the software we are paying for.