



East Side Elementary Foundation

Creating a brighter future for our children



Capital Campaign Success, East Side ROCKS!

Through the generous support of our East Side Families, the Foundation was able to fund new technology in the classrooms for the 2019-2020 school year. New iPads were distributed to classes in January and many students have already had the opportunity to put them to use. East Side Elementary is committed to ushering our students into the technology age responsibly. As tech becomes more commonplace in our world, let us remember how we can be more balanced in its day to day use.

1

TIME

How much time is my student spending on their device?

2

CONTENT

What content is my student watching/learning?

3

COMMUNITY

Who is my student engaging with online?

PARENT RESOURCES



Create your own Family Media Use Plan at:
www.HealthyChildren.org/MediaUsePlan

Read the updated guidelines from the AAP by visiting AAP.org



Learn more about age appropriate technology use and exposure to media at commonsensemedia.org

Talk to your pediatricians about other ways you can be the best "media mentors" for your kids!

Effects of Technology on our Youth

By: Dr. Laura Badwan/ESE
Foundation Board Member

We cannot deny how technology has permeated our culture today nor can we return to a life without technology. As students begin to navigate their way into the tech world, let us be the best “media mentors” to our kids. Let’s work on using technology mindfully each day.

“Technology is a great servant, but a terrible master.”

A recent study by common sense media indicates that 53% of kids have their own smartphone by age 11 and by age 12, more than 69%. By the time they are teenagers, more than 84% have their own smartphone. This same study indicated that “tweens” between the ages of 8-12 spent nearly 5 hours per day on these devices and teens spent an alarming 7 hours per day on their phones.

Pediatricians grow more concerned as to the impact of this pervasive use of technology and many recent studies have linked the increase in technology use on a child’s sleep, weight, and mental health.

Many studies highlight the lack of sleep to use of devices near bedtime. Devices emit blue light which can stimulate the mind at a time when they should be preparing for bed. This lack of sleep can then translate to poor concentration in school, an increase in obesity and a source of depression. In the past year, we have also seen social media use linked to low self esteem, anxiety, depression, and attention deficit concerns.

So why use technology at all? When used properly, technology provides an opportunity to be a part of communities that may not be readily accessible. Teachers are able to be more creative in classrooms and link various subjects into educational hands on lessons. Let us work together to provide our children the best tools to be proper stewards of tech and go on to lead healthy, balanced lives.

FAMILY ACTION PLAN: (ADAPTED FROM THE NEW AAP GUIDELINES)

- Develop and follow a Family Media Use Plan - discuss time, content, community (visit the AAP website for recommended hours of use - for most elementary aged children, no more than 1-2 hours per day of total screen time is recommended)
- Encourage daily physical activity (~1 hour) and adequate sleep (8-12 hrs depending on age)
- NO DEVICES IN THE BEDROOM!! Avoid screen exposure of any type about 1 hour before bed.
- Tech free homework zone - unless work is specifically assigned by teachers (but no texting, YouTube, social media, etc. while working on homework)
- Establish media free family time (ie. Dinner time, family outings, car rides to and from activities) - use this time to talk to one another and establish healthy communication
- Be sure to review your tech protocols with others (baby sitters, grandparents, family friends) so rules are followed consistently
- Be good role models! Establish behaviors you want your children to mimic (put the phone away when at home, establish good eye contact with your kids, limit distractions/interruptions from phones when you are with family)
- Avoid violent video games and be mindful of addictive qualities of gaming; only allow gaming with those you know
- Continue to have active communication about online citizenship, cyberbullying, respect, privacy and safety

