

Social Emotional Learning (SEL) Newsletter

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With schools closed and governments issuing orders for people to stay at home, a lot of kids have no choice but to turn to their screens for school and any kind of socializing. The majority of kids between the **ages of 6 and 12** in the US are spending at least **50 percent** more time in front of screens each day during the COVID-19 pandemic.

We created some ways to help your student limit screen time.

Stay healthy! ~ From your SEL Team

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Concord Elementary School



Check out these fun activities to help limit screen time!
<https://www.pbs.org/parents>

TECHNOLOGY TICKET

15 MINUTES OF SCREEN TIME

Consider awarding tech time based on how much your student has earned (and you have approved).

SCREEN-LIMITING TIPS FOR KIDS

- Create "screen-free" zones at home, including the dinner table and bedrooms!
- Always turn off the TV during meals and forbid any personal electronics at the table (for everyone).
- Get to know technology your children are using, so that you can set parental controls and know what your children are seeing and doing on the internet.
- Instead of having kids spend more time using a screen, offer plenty of non-electronic activities such as reading books or playing board games.
- Review the established ratings for shows, movies and games to avoid exposing children to inappropriate content like violence and/or other explicit behaviors.
- Encourage physical/outdoor sports so that kids spend more time enjoying physical activity than simply sitting with their gadgets in hand.
- Save screen time for a special movie that you and your child can enjoy together.

SCREEN TIME vs LEAN TIME

YOUTH AGES 11-14 SPEND NEARLY

9 hours a day

IN FRONT OF A SCREEN USING ENTERTAINMENT MEDIA

NEARLY
5
OF THESE ARE
SPENT WATCHING
TELEVISION



How can parents help?



1. Ensure kids have 1 hour of physical activity each day.
2. Limit kids' total screen time to no more than 1-2 hours per day.

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren't active. See how much screen time kids of different ages get and tips for healthier activities.

AGE GROUP > 8-10 11-14 15-18

INSTEAD THEY COULD...



3. Remove TV sets from your child's bedroom.
4. Encourage other types of fun that include both physical and social activities, like joining a sports team or club.

Cass Junior High School

RULES FOR LIMITING SCREEN TIME

1. No screens right after you **WAKE UP**
2. **SOCIAL SETTINGS** are screen free
3. Once a month is **SCREEN FREE DAY**
4. No screens in the **CAR**
5. Make the **BEDROOM** screen free



Creating clear perimeters of where and when children can use their phones helps them to know their own boundaries and focus on the task at hand.



Consider making a tech time contract between you and your child. That way each party knows and promises to follow the family rules.