

## MIS SCREEN TIME POLICY AND GUIDELINES

### Introduction

At Mandalika Intercultural School (MIS), we recognize the significant role technology plays in modern education while also acknowledging the concerns associated with excessive screen time. Our policy seeks to balance these elements by incorporating digital tools in ways that enhance learning, improve efficiency, and support students' diverse educational needs, while simultaneously setting clear limits to ensure student well-being.

### Benefits of Digital Learning

Digital learning platforms such as Google Classroom, RAZ, and IXL are integral to our teaching strategies. These platforms offer several key advantages:

- **Accountability and Tracking:** Teachers can efficiently monitor student progress, ensuring targeted support for those who need it most. Parents also have easy access to homework assignments and updates, promoting transparency.
- **Environmental Benefits:** By reducing the use of paper, digital tools help minimize waste. They also prevent issues like students misplacing homework or forgetting to bring materials to class.
- **Personalized Learning:** MIS students come from diverse educational backgrounds, often with varying skill levels. Digital platforms use artificial intelligence and algorithms to identify learning gaps and provide personalized support, helping lower-performing students catch up. Meanwhile, advanced students are continuously challenged at their appropriate level.

### Screen Time Limits at MIS

Understanding the global concern regarding screen time, MIS has implemented strict guidelines to ensure that students are not overexposed to digital devices. Our structured approach limits screen use during class and monitors its use at home for homework. Below is a breakdown of the maximum screen time allocated per week for different grade levels:

Grades	Classroom Screen Time (Minutes/Week)	Homework Screen Time (Minutes/Week)	Total Screen Time (Minutes/Week)
1-2	0	75	75
*3	S1 (60) / S2 (60)	S1 (75) / S2 (150)	S1 (135) / S2 (210)
4-5	75	225	300
6-8	140	300	440

*\*Note:* Grade 3 acts as a bridging year where students begin using digital platforms like Google Classroom and IXL. Screen time gradually increases from Semester 1 (S1) to Semester 2 (S2) to prepare them for the more advanced digital learning demands in grades 4 and 5.

### Screen Time and Educational Outcomes

Research supports the notion that moderate screen use, when focused on educational tasks, is beneficial and does not negatively impact children's development. Studies from the UK Department for Education indicate that controlled use of technology can improve learning outcomes when integrated with non-digital activities<sup>1</sup>.

### The Golden Triangle: Teacher, Parent, and Student Collaboration

MIS encourages a collaborative approach to screen time management, emphasizing the importance of the "golden triangle" between teachers, students, and parents. While the school regulates screen time during classes and for homework, parents are urged to monitor additional usage at home. The biggest risk to students comes from unregulated screen use—such as excessive time spent on social media or video platforms—which can disrupt sleep patterns and reduce focus.

<sup>1</sup> A 'Goldilocks amount of screen time' might be good for teenagers' wellbeing. (2017, January 13). University of Oxford. <https://www.ox.ac.uk/news/2017-01-13-%E2%80%98goldilocks-amount-screen-time%E2%80%99-might-be-good-teenagers%E2%80%99-wellbeing>

We recommend that once homework is completed, parents closely supervise their child's use of devices, encouraging offline activities or responsible technology use. To further support this, MIS implements a **digital citizenship program** starting in Grade 3, educating students on safe and responsible technology use. Each year, parents and students sign a **Digital Learning Agreement** outlining expectations for screen use both at school and home.

### Conclusion

At MIS, we are committed to leveraging technology to enhance student learning while promoting balanced and responsible screen use. By working together within the "golden triangle," we can ensure that screen time remains a valuable tool for education, free from the negative effects associated with overuse.

### Change History

Version	Approved by:	Date of issue:
1	School Board	21st September 2024