

SCREEN TIME DURING REMOTE LEARNING

A GUIDE FOR PARENTS AND CAREGIVERS



Using devices during remote learning provides the opportunity for students and teacher to remain connected and engaged. This document outlines guidance for the use of screen time for learning during remote learning.

Learning Continuity in the Digital Environment

In the absence of face-to-face teaching, utilising digital platforms and devices allows continuity of learning to occur. At the same time, students are developing skills such as problem solving, creativity and communication. Digital learning is therefore valuable and important but should be moderated beyond school learning time to ensure a healthy balance between screen time and other activities.

Maximising Screen Learning Time

Avoid using screen time to get organised for online learning. Be organised ahead of screen time with the following tips:

- Discuss the day ahead over breakfast.
- Draw up a schedule your child can easily follow.
- Have logins displayed or easily accessible for everyone.
- Print off any guides provided by the school that will support using the technology, in case you need to refer to them.
- Log in ahead of time, if possible, to avoid a stressful last-minute rush.
- When experiencing troubleshooting, stay calm. Modelling how to troubleshoot tech issues is an important skills for students and their future learning.

Other Tips

Your child's school will provide a balance of digital and screen-free learning and will be happy to talk to you about any concerns you have about a balanced approach.

Discuss the importance of balancing digital and non-digital learning activities with your child/ren.

Agree to tech-free time, such as family meals.



TIP:

It is important to let your child/ren's teachers know if they are required to share a device at home, so together you can manage expectations about screen time and work completion.

Free Time

Because of the screen time required for learning, spending free time away from a device is recommended. Screen-free activities could include:

- Time playing outside
- Exercising
- Craft activities
- Reading a book
- Board or card games
- Work on a jigsaw
- A family Lego challenge
- Cooking a favourite treat
- Footpath chalk art

TIP:

[Microsoft](#), [Apple](#), and [Android](#) devices allow you to set up parental controls, including removing access to certain apps during the school day.

