

School District of Marshfield

Student Services Newsletter | March 2020



Technology

PROS

- Improves efficiency and saves time.
- Increased and quicker communication.
- Readily available information.
- Great learning tool.
- New outlet for creativity.
- It can be fun!

CONS

- Decreases physical and hands-on activities.
- Creates less face to face interaction.
- Can be a distraction.
- Dependency is created with overuse of technology.
- Social media can have a negative impact on mental health
- It's easier to be negative on-line, especially when anonymous .

JUST LOOK UP! SCREEN-FREE WEEK

May 4 – May 10, 2020

<https://www.facebook.com/JustLookUpMfld/>

Balancing Technology

Technology is everywhere and has become part of our everyday lives. For some technology has taken over too much of our lives, and this can be unhealthy. It is important to find balance between technology and face-to-face interactions/activities.



Set Limits

- Put cell phone to bed (charge phone in another room).
- No screens during meals.
- Use "do not disturb" at night and during meetings/work/school.
- Set a timer for non-school screen time.
- Create "tech free zones" (i.e. - bathrooms, stairways, parking lots, etc.).

Monitor and Model

- Monitor screen use (hint, there are apps for that).
- Keep track of screen time vs. active time or reading time.
- Be cautious about using screen time as a reward.
- Model good technology use.

Connect

- Set aside time to connect in person with conversations or spending time together.
- Increase exposure to nature, greenery, and sunlight.
- Make time as a family to participate in some type of non-screen activity like taking a walk, riding a bike, cooking a meal, playing a board game, etc.

Promote Other Activities

- Encourage more movement (examples: go for a walk, do yoga, stretch, take the stairs vs. the elevator, build a snowman, sled, etc.).
- While watching TV consider exercise/movement as you watch.
- Read, draw, color, build, put together a puzzle, play board games, etc.
- Participate in some of the "Just Look Up" activities found at the website listed above.

