



DIGITAL LEARNING NEWSLETTER



Welcome to the first Digital Learning Newsletter! Throughout this year we will be providing information to our St. Joseph's School community on everything that is Digital!

Digital Technology is a fast-paced world, that is forever changing and it can be a challenge to keep up with our 'tech savvy' children. Please find below some hints and tips to help and also provoke thought about how much screen time is really needed.

The internet has changed the way we work, rest and play. Many parents worry about how much time their children spend online.

So, how many hours a day should children be spending online? There's no simple answer to this question because not all screen time is created equal. Spending two hours on the internet watching cartoons isn't as beneficial as spending two hours on the internet learning.

Parents need to think about the age and stage of their children and understand how their children use the internet to be able to decide how much time they'd like their children to be spending online.

GETTING STARTED

Talk to your children about what they're using the internet for, so you have a better understanding of how they're spending their time online. Are they using the internet to learn? To communicate and create friendships with others? To create music or videos? Really listen to what they have to say – what might seem like 'just a game' to you, could in fact be a way for them to connect with people who have similar interests.

HELPING THEM TO SELF-MANAGE THEIR TIME

As children get older we need to start teaching them how to manage their own screen time, so they have these skills in adulthood. You can start this by talking to them about their time online and how to manage it. Some questions you could ask to start the conversation with teens are:

- How much time do you think you spend online in a day?
- How can you tell when you've been online too long? (E.g. phone starts getting hot, eyes get sore or tired, start to feel unproductive or mood starts to change)
- How do you feel when you spend too much time online?

- The online space is great, but what are some of the positive benefits of putting down your phone and doing other activities?
- What are some different ways you could manage your time online or cut down when you need to? ([See our managing time online advice for tips](#))

Often we don't actually know how much time we're spending online. Some social media platforms have tools to help you keep track of how much time you're spending online and allow you to set up an alarm to notify you once you've spent a certain amount of time online. For Instagram, go to "Settings" and then select "Your activity". On Facebook, this is under "Settings & Privacy" and then select "Your time on Facebook". There are also phone settings and other apps that help you manage your time online too.

SETTING BOUNDARIES

There are two ways to manage setting boundaries:

1. **Good old fashioned parenting**
2. **Technological solutions**

How you use these techniques will depend on the age and stage of your children. Younger children will generally need more boundaries for spending time online, whereas older teens will need more education to help them manage their own time. Remember children imitate what they see. You can help by modelling appropriate screen time.

We are happy to offer advice on most things digital so if you have any questions or concerns you can send us an email or come in see us at school.



Your Digital Learning Team.

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