

Guidelines for the Use of Screen Time in the Classroom

Statistics:

- The average child watches 20-30 hours (**3-4 hours a day**) of television per week.
- Overall, children spend more time watching television than any other single activity except for sleep.
- **2 out of 3** TV programs contain some violence, averaging about 6 violent acts per hour.

SNHS, Inc is aware that the American Academy of Pediatrics recommends that children under 5 should watch television less than two hours a day and children under the age of 2 should watch no television. We are also aware that many children do watch television at home, some of which may not be appropriate for young children. As we continue to educate families about the issue of media overload, we in turn will work to put together guidelines for screen time in the classroom. Below will illustrate the expectations we have for the use of movies and television in our classrooms:

1. Classrooms may **occasionally** watch a movie. It will not be more than once a month, preferably less.
2. A movie must always be presented as a **choice**. Not all children have to watch. Alternative activities will be available.
3. Movies will be **rated G**. Please use your best judgment. Even G rated movies may contain violent acts or portray stereotypes. Know what you are showing to the children.
4. Don't forget about the **Scholastic videos** that are based on children's literature. These are a whole series of films that are the readings of popular children's books, such as "How Do Dinosaurs Say Goodnight?" and "The Wheels On the Bus". These movies can be a follow up to a reading of the literature and then you can also have a corresponding activity available.
5. Tie the video into your **curriculum theme**. Don't forget about informational videos and books!