

Digital Wellness & Device Usage

Keeping Students Safe, Screen Time, and Guardrails





Overview

- Recap of EdTech Policy Convo - May 21, 2026
- Key Terms and Definitions
- Current State of Technology
 - Instruction, Access, Filters, Usage
- Educational Technology Policy
- Next Steps



Key Terms and Definitions

- **Educational Technology**
 - Any Division-approved digital device, software application, online platform, or electronic resource used to support instruction, assessment, communication, or learning.



Key Terms and Definitions

- **Instructional Screen Time**

- "Instructional screen time" means the amount of instructional time in a given school day during which a public elementary or secondary school student is assigned to actively use a school-issued device for instructional purposes.

- **Does not include**

- use of digital or projection tools or devices by a teacher unless a student is also assigned to actively use any such tool or device;
- brief administrative uses of a school-issued device or other digital devices or tools, including the use of digital devices or tools for attendance or other tasks relating to classroom management;
- use of a school-issued device for any state or federally required assessment.



Key Terms and Definitions

- **Active Screen Time**

- Content that is mentally engaging, productive, and requires deliberate and ongoing user involvement to access, shape, or to generate content ([Hu et al., 2020](#); [Sweetser et al., 2012](#))
- Adaptive educational software
- Creation of digital presentations
- Coding
- Designing infographics
- Interactive quizzes or formative assessments



Key Terms and Definitions

- **Passive Screen Time**

- Content that requires little to no interaction from the user once content delivery has commenced
- Sedentary and passive ([Hu et al., 2020](#); [Sweetser et al., 2012](#))
- YouTube
- Scrolling
- Gaming that does not engage academic skill





Current Laws and Guidelines

- **FERPA - Family Educational Rights and Privacy Act (1974)**
 - Privacy of Student Educational Records
 - Schools cannot share PII with EdTech vendors w/o consent
 - Parent can inspect any educational records
- **COPPA - Children's Online Privacy Protection Act (1998)**
 - Regulates Websites and Apps
 - places restrictions on EdTech companies about information they collect (kids under 13)
 - students under 13 cannot create accounts without parents or teachers
- **CIPA - Children's Internet Protection Act (2000)**
 - Internet Safety Policy - protection measures
 - visual depictions that are obscene
 - (child) pornography
 - harmful to minors
 - Monitor Online Activity



Current Laws and Guidelines - VA

- **Digital Learning Integration Standards of Learning (1995)**
- **Digital Citizenship and Online Safety Education (2006)**
 - Schools must adopt and Acceptable Use Policy
 - Digital Citizenship Curriculum
 - Cyberbullying and Mental Health Harms
- **HB 817 - Public Schools; Use of Digital Devices (2020)**
 - Develop health and safety best practice guidelines for the use of digital devices in public schools
- **Classroom Devices: Health and Safety Guidelines (2021)**
 - Product of HB 817
 - Best practices for screen use for PreK-12
 - Recommended breaks from screens
 - Ergonomics and posture
 - Mental health and balance





Current Laws and Guidelines - VA

- **Bell to Bell Cell Phone Restrictions (2024)**
 - Phones, watches, earbuds - off and away
- **SB 854 - Consumer Data Protection Act (2024)**
 - Establishes strict data protection for data collected via school issued Ed-Tech tools and hardware
- **CCS Policy IIBC and IIBC-R (2025)**
 - Use of Generative Artificial Intelligence



Current Laws and Guidelines - VA

State of Virginia

- **SB 568 - Addictive Potential of Electronic Devices (2026)**
 - Original intent was 'limitation on screen time'
 - Evolved to device addiction and screen habits
 - "Instruction concerning time spent using electronic devices such as computers, cell phones, and other smart devices and the addictive potential thereof shall be provided by the public schools as prescribed by the Board."
 - **HB 1486 is equivalent**



Current Laws and Guidelines - VA

- Post COVID Device Saturation
 - K-12 was at a 1:1
 - EdTech companies touted their worth
 - States adopted EdTech contracts for public schools
- Studies show that excessive passive screen time can lead to
 - Lower academic achievement
 - Higher rates of distraction and inattentiveness
 - Disruption
 - Loss of learning time
 - Higher rates of anxiety and depression





New Posture for 26-27

Monitoring Device Access for 2026-2027

- NEW - Device Distribution for Students

Grade Level	In-Class Use	Hallway Carry	Take-Home
PreSchool	X	X	X
K-5	Stored in carts	X	X
Middle School	Stored in carts	X	X
High School	1:1	Yes	Yes



Monitoring Device Access for 2026-2027

- **LineWize - Technology Department Facing**
 - Blocks YouTube and inappropriate games
 - Blocks GenAI by default
 - Quickly allow or block websites
 - Alerts for inappropriate searches
 - AUP violations reported to school leaders



Monitoring Device Access for 2026-2027

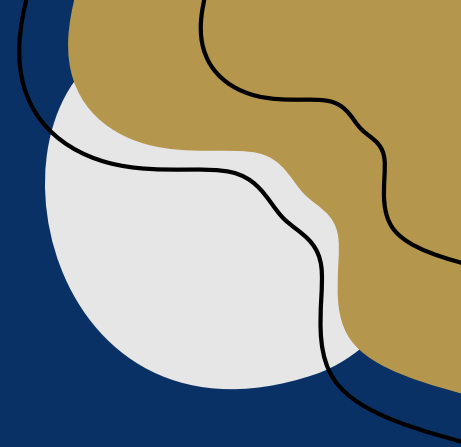
- **ClassWize (Classroom Manager) - Teacher Facing**
 - Live screen monitoring
 - Quickly allow or block additional websites
 - Push specific URLs to student devices
 - Limit or focus and only allow specific websites
 - Send direct messages to students
 - Print reports to show usage



Monitoring Device Access for 2026-2027

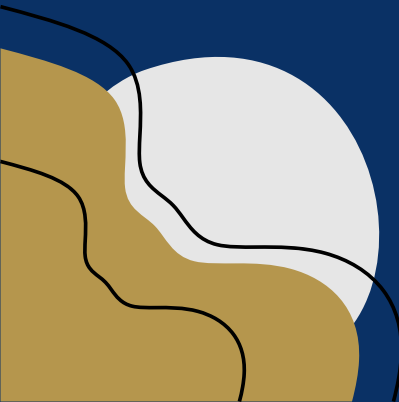
- **Qustodio - LineWize Parent**
 - Set offline schedules at home
 - Turn Internet on or off
 - Log of sites visited, searches
 - Can also be added to one personal device (phone or tablet)





Monitoring EdTech Usage

Grade Level	Literacy	Math	Science	Social Studies	Est. Weekly Totals (minutes)
PreSchool	N/A	N/A	N/A	N/A	N/A
K-1	15	10	N/A	N/A	25
2-3	15	20	N/A	20	35
4-5	40	45	20	45	150
Middle School	50	60	25	75	210
High School	N/A	60	25	60	145





Monitoring Device Access - What's Next?

- Continue to follow all laws and mandates for device access
- EVALUATE 26-27 Device Distribution model for Students
- MONITOR implementation
- Seek feedback from various stakeholders
- Adapt and adjust

Grade Level	In-Class Use	Hallway Carry	Take-Home
PreSchool	X	X	X
K-5	Stored in carts	X	X
Middle School	Stored in carts	X	X
High School	1:1	Yes	Yes



Acceptable Use - Students

- Acceptable Use Policy
- Student Rights and Responsibilities
- Expected Choices
- Predictable Outcomes



Monitoring Device Filters - Supporting Teachers

- **ClassWize (Classroom Manager) - Teacher Facing**
 - Continue to provide teacher training
 - Offer in school workshops
 - Educate staff / Train the Trainer
 - MONITOR implementation
 - Seek feedback from various stakeholders
 - Adapt and adjust





Monitoring Device Filters - Informing Parents

- **Qustodio - Parent Facing**
 - Continue to provide outreach via publications
 - Offer informational sessions to families
 - MONITOR implementation
 - Seek feedback
 - Adapt and adjust





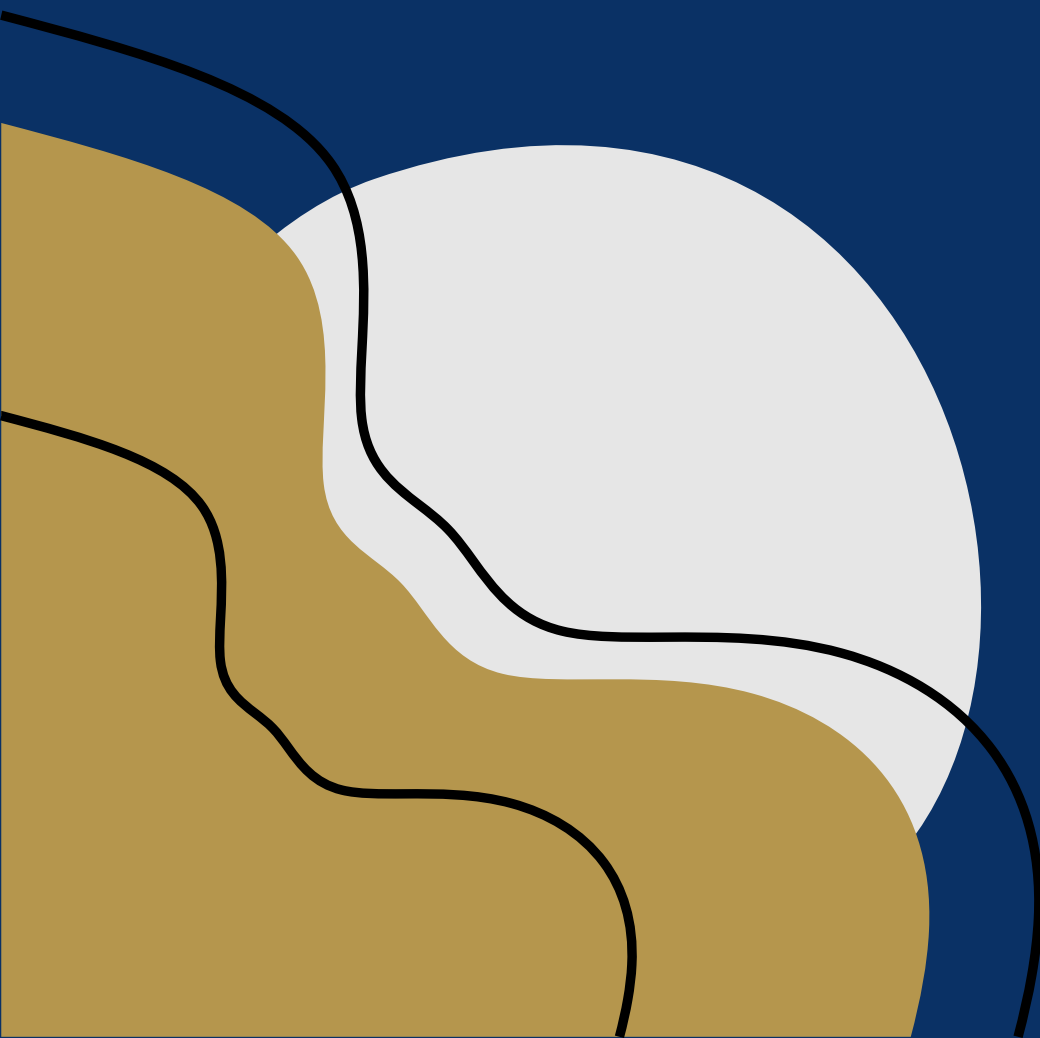
Monitoring Device Usage - EdTech Tools

- **Qustodio - Parent Facing**
 - Current evaluation process
 - Reduction in footprint
 - Adjustments to be made





Educational Technology Policy Statement





Educational Technology Policy Statement

The School Board recognizes that educational technology can enhance teaching and learning, expand access to educational resources, support communication and collaboration, and promote the development of digital literacy skills. The Board also recognizes the importance of balancing technology use with students' developmental needs and milestones by ensuring opportunities for direct instruction, reading, writing, discussion, hands-on learning experiences, physical activity, and interpersonal interaction.

The purpose of this policy is to establish expectations for purposeful and developmentally appropriate use of educational technology and student screen time in the school division.



Timeline

Policy Info.....	August 2026
Policy Action.....	September 2026
Regulations.....	September 2026
Staff Trainings.....	August 2026 - May 2027
EdTech Evaluations.....	August 2026 - May 2027
Updated Regulations.....	August 2026 - May 2027

