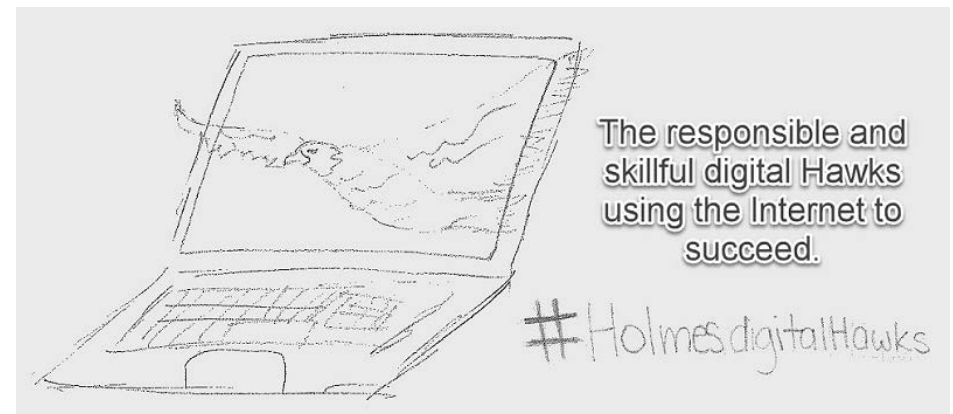


Holmes Digital Wellness Week: *Holmes Digital Hawks Balance Technology Responsibly*

We will be having a Digital Wellness Week February 25th - March 1st! This week's focus is on Building a Culture of Shared Responsibility around students digital life. Each day during the week parents/caregivers can take simple steps to find balance and partner together with our Holmes Staff to educate and support students with their digital life.

Below, you'll find the school's theme of the day along with complementary activities and conversations that can extend into your home as we talk about these common themes throughout the week with students at school. A common message from trusted adults has a big impact on kids!

We hope Digital Wellness Week will spark some educationally valuable conversations that can be promoted and supported for the rest of the year, by both parents and teaching staff.



MONDAY THEME: Take A Break from Technology

MONDAY AT HOME: SHARED RESPONSIBILITY

FCPS Shared Responsibility Model

Consider the following:

- What can your family commit to doing at home with your children to best support your children's school in providing a safe, positive online learning environment for everyone?
- How does using technology at home with your child provide opportunities for you to teach them about digital citizenship and for your child to demonstrate positive digital citizenship?

The past decade has seen an exponential increase in digital tools and opportunities, which carry the need for students to master a new set of life skills for behaving safely, ethically and responsibly online. Students are much more likely to understand good digital citizenship – the norms of appropriate, responsible technology use – when teachers and parents/trusted adults model it and explicitly teach and promote it on a regular basis.

- Helen Crompton, Old Dominion University

PARENTS TAKE ACTION:

- Regularly ask your child to log in and show you the digital tools they use at school and at home.
- How are your household expectations for technology use working? It's a great time to review and revise them with your child. [Device Contracts, Media Agreements and Tip Sheets](#) are available to support the conversation. *(Translations included)*
- Parents can actively model and explicitly teach their children good digital citizenship practices. One of the most effective ways for parents/caregivers to support their children is to actively help them understand, interpret, and respond appropriately to the content, contact, and conduct they experience online together.

Did you know...?

- **Android Users:** If your family uses Android devices, [Google's Family Link](#) can help you set certain digital ground rules, manage apps, keep an eye on screen time and remotely lock your child's device.
- **Apple Users:** If your family uses Apple devices, [Apple Families](#) provides tools that let parents know, and feel good about, what kids are doing with their devices.

TUESDAY THEME: Time Travel Day - How has Technology Changed?

TUESDAY AT HOME: USING MEDIA TO BUILD CHARACTER

Using Media to Build Character at Home

Our students are facing a future full of big problems to solve. Empathy, ethics and a sense of civic responsibility is more important than ever. Digital tools, books, movies, information, and apps - while not the answer to inspiring empathy - can help students gain another perspective, collaborate with others, and design solutions to meet the needs of today's world.

- Check out this [Character Strengths and Life Skills page](#).
- Explore [movies and TV that inspire Empathy](#)

PARENTS TAKE ACTION:

Invest 10-15 minutes exploring these resources. Select at least one to try in your household today.

PROACTIVE DIGITAL CITIZENS APPROACH ONLINE PARTICIPATION WITH:

- EMPATHY**
I see you. I hear you, I understand you. Other people matter.
- ETHICS**
Integrity, honesty, values, and respect are important to me.
- CIVIC RESPONSIBILITY**
I can make a difference in the world by volunteering and being involved.

THEY USE TECHNOLOGY TO:

- ACCESS**
PEOPLE, INFORMATION, TOOLS, COMMERCE, ENTERTAINMENT
- PARTICIPATE RESPONSIBLY**
WITH CONTENT, WITH TEACHERS, WITH PEERS, WITH THE WORLD
- FIND OPPORTUNITIES**
-Jobs
-Hobbies
-College
Personal Interests
- EXERCISE RIGHTS AND BE ACCOUNTABLE**
SR&R, Acceptable Use Policy, Privacy

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Adapted from: Sytko, Carolyn "https://www.iste.org/Explore/ArticleDetail?articleid=989." ISTE, 2017, www.iste.org/

WEDNESDAY THEME: How Can You Use Technology In Many Different Ways?

WEDNESDAY AT HOME: SUPPORTING STUDENT THINKING

Are we speaking the same language?

When school staff and parents speak the same language, it makes a strong impression on kids. Here's a simple strategy that both parents and school staff can use to help students think through their actions online and consider the impact on themselves, others, and your family or school.

**USE THIS STRATEGY TO
SUPPORT POSITIVE BEHAVIORS
THAT YOU NOTICE TOO!**



PARENTS AND TEACHERS TAKE ACTION:

View it:

[The Spectrum Strategy](#)

Try it:

The next time your child or student is facing a digital dilemma and doesn't know what to do or has undesirable behavior in relation to their online activity, give the Spectrum Strategy a try.

Reflect:

How did using this strategy change how this conversation might have gone?

How does this strategy honor the complexity of choices children face and how did it support the child's thinking?

THURSDAY THEME: Lay Off Your Screen

THURSDAY AT HOME: HEALTHY HABITS

Healthy Habits for Screen Time at Home

Learn about what matters most when it comes to screen time.

- This [short article from Common Sense Media](#) provides great advice.
- Try [this experiment](#) to build awareness of how much screen time you're really getting.
- Check out these [screen time parenting tips from Common Sense Media](#).

PARENTS TAKE ACTION:

1. Identify some healthy ideas from the resources that resonate and make adjustments as needed in your household today.
2. Include your child in selecting ways the family can improve healthy habits for technology use at home.
3. [Device Free Dinners](#) are an easy way to make a small change with big returns!



#DeviceFreeDinner
Because dinner is for laughing, not texting.

FRIDAY AT SCHOOL AND Home: How can you help your school move forward with appropriate use of technology?

**Thanks for taking time to refocus on Digital Citizenship this week.
Things change quickly in the digital world, so keep the support going all year long.**