

# CYBERWELLNESS NEWSLETTER

NEWSLETTER #5

TERM 4 EDITION



## Helping our students manage screen time

### Managing Screen time and Multi-tasking

A crucial aspect of parenting involves discussing with our children the importance of balanced technology usage. There are times when we, as parents, cannot be physically present while our children are using the computer, browsing the internet, gaming, or engaging in social media platforms.

Even in our presence, we allow our children to multi-task with both their screens and their school assignments. While multi-tasking with media may appear to boost productivity and enable achieving more in less time, the reality is quite the opposite.

### Kindsville Comics

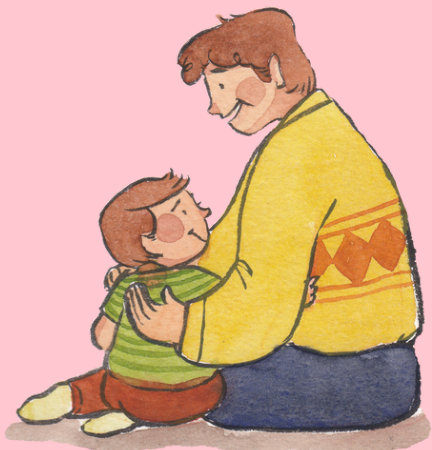
Follow this link to read a comic strip about managing one's screentime. This could be a good conversation starter with your child.



### Other CW resources:



Follow this link to visit our Fuhua Primary School Cyberwellness Resource Page





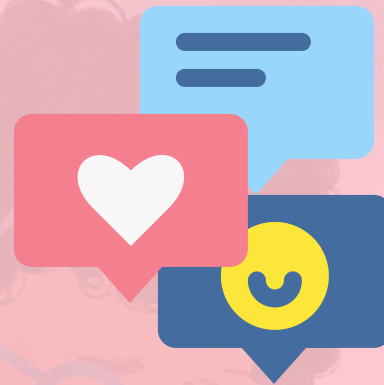
## Effects of Media Multi-tasking:

### 1. Assignments take longer to complete.

Multi-tasking significantly reduces productivity as our brains lack the ability to perform multiple tasks at the same time

### 2. Poorer long-term memory

It essentially tires our brain out and makes it less efficient



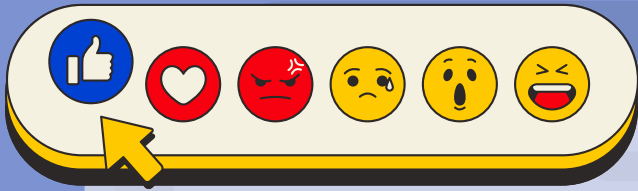
### 3. Mental fatigue

Switching tasks leads to an increase in the mistakes in tasks we undertake

### 4. Heightened stress and anxiety

Especially if students feel pressured to keep up with information across different platforms and schoolwork





## Here are some pointers to help our children manage media multi-tasking



### 1. Setting time to go offline

Disconnecting from the internet or pausing online activities to enable our children to fully concentrate on their tasks



### 2. Set screen free zones at home

Prohibit the use of devices in bedrooms or study areas to help children concentrate on their tasks



### 3. Manage notifications

Children will not feel tempted to peek into their devices, which could distract them

### 4. Re-organise your mobile device

Arrange games and social media apps into a folder so that they are not the first ones visible when the children pick up the phone

