

Coffee and Conversation

with
Principal Myers

Join us for a discussion about
screen time, more books less screens,
more writing on paper, paper assessments,
and open discussion.

**THURSDAY,
October 8, 2026**

8:45 a.m.

**North Hills
Library**

What Does **Screen Time** Look Like in the Home?



NORTH HILLS



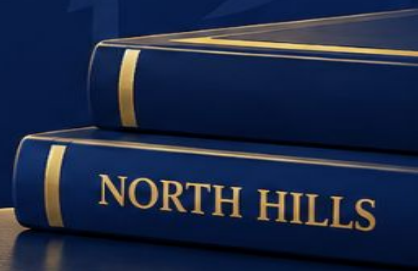
Screens & Distraction

Picture a normal classroom.

Twenty kids are learning.
One screen lights up.

Then another.
A notification appears.
Someone starts browsing.

Soon, attention moves away from
the lesson. 🧠



Screen Time and Reading



Screen reading isn't identical to reading on paper.

A 17-study meta-analysis found better comprehension with paper reading.

The difference wasn't speed.

It was understanding. 



Handwriting & Writing



And handwriting matters too. 🖋️

A 2024 meta-analysis
examined 22 studies.

That included 6,168 students.

Handwriting produced better
writing quality overall.

Another study found different brain
connectivity during handwriting.



**So the problem isn't technology itself.
It's what technology replaces.**

Deep reading.
Handwriting.
Undistracted thinking.

Quiet concentration.

The ability to struggle through
something difficult.

**That is where
real learning happens.** 💡





Screen Time at North Hills



Prioritize Print: Prioritize print materials for reading, writing, mathematics, practice, and sustained learning.



Use Digital Tools Purposefully: Digital tools should be used only when they meaningfully support the instructional goal, help teachers provide timely feedback, or increase access to learning for students that require assistive technology and MLLs.

Screen Time Guidelines:



3K–Grade 2 Screen Time Guidance: 1:1 screens should not be used in K–2 classrooms, except for narrow, approved exceptions in grades K–2 including screener completion, computer class



Grades 3–5: 30 minutes Daily



Grade 5 Departmentalization: Teachers and content areas should coordinate to ensure instruction stays within recommended screen time limits across the day.



Essential Digital Tools: Digital tools that are necessary for Computer class/Coding/Robotics, parts of core instruction, when needed to conduct research, complete curriculum end of module tasks, and take interactive assessments or screeners.