



SOCIAL EMOTIONAL DEVELOPMENT AND TECHNOLOGY (SET) PROGRAM

FXW families,

We're looking forward to our FXW Day of Unplugging! Starting Wednesday, March 7 at 3:15 and ending at the end of the day on Thursday, March 8 all teachers and students will be device-free. We'd like you to join us too. Here is information on our 24 hour digital respite. We've also provided additional resources to help make this a meaningful day for you and your children.

First a bit of background on the *Nation Day of Unplugging*. For the last few years, [Reboot](#), a nonprofit Jewish community established in 2003, has promoted a national, 24 hour respite from technology that they have called a *National Day of Unplugging*. The idea was inspired by *The Sabbath Manifesto*, an adaption of the Jewish ritual of carving out one day per week to unwind, unplug, relax, reflect, get outdoors, and connect with loved ones.

For our FXW Day of Unplugging the goal is to have us as a school community spend the day connecting and learning without the use of any devices and ultimately to have our students be more aware of the things that matter—out connections with each other minus a device in between us. Technology allows us to do a lot of wonderful things and to make connections that weren't previously possible! However, by taking a "break" we can see when technology adds value to our lives, and when it keeps us from better, real-world experiences.

What will our Unplugged time look like in our classrooms?

- Students and teachers will participate in device-free time from 3:15 pm Wednesday, March 7 through the end of the day Thursday, March 8. This includes after school time on Wednesday.
- 5th-8th grade students will leave their devices at home on Thursday (3/8).
- If teachers assign homework, it will be device-free homework Wednesday night (3/7).
- Teachers will plan device-free instruction for Thursday (3/8).
- Teachers will not be checking email during our Unplugged time. To send a message to your student's teacher(s), contact the front office at either campus and a message will then be delivered to your student's classroom.
- There will be no morning broadcast on Thursday (3/8).
- Toward the end of the day on Thursday (3/8), teachers are encouraged to ask students about their experience being device-free for 24 hours.

How can you participate and unplug at home as a family?

- Use the time away from devices to discuss how technology provides (by design) positive reinforcement or dopamine bursts--it makes us feel good on a biological level. Suggest alternatives ways that a similar positive experience can be obtained. In other words, things like physical exercise, relaxation & mindfulness, enjoying music, visiting with a friend, doing something nice for someone in need, appreciating a piece of artwork, smelling something good, unexpected visits or surprises, etc. A recent speaker to the HNC campus, Dr. Jason Hacker, talked about working with students to use their imagination to think of all the things you could



SOCIAL EMOTIONAL DEVELOPMENT AND TECHNOLOGY (SET) PROGRAM

be doing when you spend time playing video games or scrolling through social media. An important part of feeling in control with the devices, games, social media we have today can come from using the 4 Ts: realizing how much time we spend on tech (**tracking**), imagining other positive things we could do with that time (**talking**), setting device-free times and limits on use (**tech free** and **time limits**).

- Ask your students to think about the importance technology plays in their daily lives. How do they want to change this? What are small steps they can make to find a better tech-nontech balance? How might your family work on small steps together?
- We'll be sharing cell phone sleeping bags provided by Reboot with all 6th-8th graders who would like one. They're a clever way to put phones out of the way and out of sight! If you have a younger student(s) with a phone or if you'd like some for your whole family, please stop in to either the OSP or HNC front offices. Bags will be shared on a first-come, first-served basis starting Monday, March 5. We will have a limited amount, and there is a limit of 4 bags per family.



Our FXW Day of Unplugging coincides with our visit from Dr. Catherine Steiner-Adair. We hope you can join us to hear her speak on *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age* from 7:00-8:30 pm in the HNC auditorium. We look forward to our tech respite and hope that this time will help guide us in making mindful decisions around tech use. Please feel free to reach out to any of us on the SET team with questions.

Thank you,

Sarah, Olena, Ashley, Lisa

Sarah Vaughn
Academic Technology Coordinator
HNC Campus
vaughns@fxw.org

Dr. Olena Vasilik
Clinical Psychologist
HNC Campus
vasiliko@fxw.org

Ashley Jahraus
Library/Media Specialist
OSP Campus
jahrausa@fxw.org

Dr. Lisa Lombard
Clinical Psychologist
OSP Campus
lombardl@fxw.org