AL-BAYAN INTERNATIONAL SCHOOL
مدرسة البيان الدولية

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KG & ES WEEKLY NEWSLETTER

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2020-2021 Issue 10

5 Strategies to Manage Screen Time

1 – Give Kids Choice

- Give your children a choice of what to watch or do – play a game or watch a video?
- Give them a choice of when to use their screens – before dinner of after? (not both!)
- Talk about what high-quality content looks like and if they're making good choices

2– Screen Alternatives

- What else could your children be doing other than using their screens?
- Have a conversation with your children to decide what they could do when they're not using their screens.
- Have a list of ready activities at hand–a bit of exercise maybe? Something creative?

3 – Set Family Rules

- Set rules that work for your family. You could limit the use of screens at specific times of the day. Or in specific areas of the house.
- Involve your children in the conversation around where & when is okay to use screens.
- Let your children know beforehand what will happen if they break the rules.

4- Set Routines

- Routines can help screen time to be a positive experience.
- A daily routine could be watching something together, or using educational apps only.
- Stick to routines as much as you can, but make sure they're flexible too.

5- Give Kids Notice

- Give your children time to prepare to turn their screens off.
- You could use the "5 minute rule" – remind them 5 minutes before they turn their devices off – and agree on the consequences if they don't.
- Agree that they turn their screens off when they finish the level/episode they're on.
- Give them time to save what they're doing.

Children and Physical Activity

Aerobic Activity Most of your child's daily 60 minutes of physical activity should be aerobic activities, like walking, running, or anything that makes their hearts beat faster. In addition, encourage them to do aerobic activities at least 3 days a week that make them breathe fast and their hearts pound.



Thank you

Parents & students for your patience with our internet disruptions.

Don't forget to share with us your kid's photo photos@bis.edu.kw

Students of November

Joe Assaf	Grade1
Joud Omar	Garde2
Nadia El Farra	Grade3
Shaikhah Al Hasawi	Grade4
Mozah Al Qassar	Grade5

Dates to Remember :

Oct. 29 - Nov.1
- Mid-semester holiday

Nov. 2
- Resume to school

Nov. 8
- Drop-in admin zoom meeting @5:00 pm

Nov. 9
- Progress report to be sent home

Nov. 8– Nov. 11
- Parent—Teacher Conferences

Attachment:
- Book Sale with Scholastic Flyer

Mission Statement: Al-Bayan International School personalizes learning to achieve intellectual and individual growth of all students, empowering them to impact their community.

RESPECT • EMPATHY• SELF-DISCIPLINE