March 23, 2026

Dear Families,

We are reaching out to share a growing concern we are seeing among our middle school students regarding late-night use of electronic devices. Recently, students have reported being engaged in texting, social media interactions, and even arguments with peers as late as 2:00–3:00 a.m.

While technology can be a valuable tool, this pattern of late-night use is beginning to significantly impact students during the school day. Staff have observed increased fatigue, difficulty focusing, heightened social conflicts, and challenges with peer relationships. When students are not getting adequate sleep, it affects not only their academic performance but also their overall well-being and ability to positively engage with others.

We know that this is not an issue that can be addressed by the school alone. It requires a strong partnership between home and school. We are asking for your support in helping to establish healthy boundaries around device use, especially during nighttime hours. Some strategies families may consider include:

- Setting a consistent "devices off" time each evening
- Keeping phones and devices out of bedrooms overnight
- Monitoring social media and group chats
- Having open conversations with your child about appropriate online behavior and conflict resolution

Our goal is to work together as a team to support our students in developing healthy habits that promote success both in and out of school. We appreciate your partnership and your attention to this important matter.

Please see the attached flyer to help support families with healthy screen time habits in students.

If you have questions or would like additional resources or support, please do not hesitate to reach out.

Thank you for your continued collaboration and support.

Sincerely,

K Kasuske

Ms. Kasuske
Vaughn School Principal

A Family Guide to Healthy Screen Time Habits for K–8 Kids

Beyond the Bell
Family and Caregiver Resource

In today's digital world, screens are everywhere—from tablets and smart phones to laptops and gaming consoles. But not all screen time is created equal. Use these strategies to encourage responsible use of electronic devices for your child.

For Elementary School Students

Young children often engage with screens for entertainment or early learning. Tablets are especially common, with over half of children owning one by age four. While these devices can support learning, they also pose risks when used excessively or without supervision.

Set clear boundaries: Limit screen time to 1–2 hours a day, focusing on high-quality, ad-free content like educational games or logic puzzles.

Co-view and co-play: Engage with your child during screen time. Watching videos or playing games together helps you monitor content and build connection.

Use parental controls: Enable filters and time limits on devices to ensure age-appropriate use.

Find balance: Encourage play, reading, and outdoor time to support healthy development.

Model healthy habits: Children mimic adult behavior. Show them how to use screens thoughtfully and take breaks.



For Middle School Students

In middle school, screen use expands to include social media and texting.

Create a family tech agreement: Outline expectations for screen use, including time limits and device-free zones.

Discuss digital citizenship: Teach about online safety, respectful communication, and the impact of their digital footprint.

Monitor social media use: Encourage open conversations about what they see and share online. Use tools to track usage and set boundaries.

Support academic screen time: Edtech has value when used intentionally. Ask teachers how technology supports learning and reinforce those practices at home.

Encourage mindful entertainment: Help students choose enriching content—like documentaries or creative apps—over passive scrolling or ad-heavy games.

naesp National Association of Elementary School Principals

Source: CoSN's Screens in Balance: Education, Technology, and Community Conversations