

# Aurora News

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Dear Families

The iPad, Playstation 4, and Samsung Galaxy have become such an integral part of the American household. The benefits of these devices, if used moderately and appropriately, can be great. Research has shown, however, that face-to-face time with family and friends plays an even more important role in promoting children's learning and healthy development. Navigating a balance between tech use and face-to-face time leads to more family time, healthier eating habits, and even better sleep for your child.

Setting time limits is critical in navigating a balance between tech use and face-to-face time. Kids need and expect them. Know your children's friends both online and off. Know what platforms, software, and apps your children are using, what sites they are visiting on the web, and what they are doing online. Establish limits and encourage playtime. Technology use, like other activities, should have reasonable limits. Unstructured and offline play stimulates creativity. Make unplugged playtime a daily priority, and don't forget to join your children in unplugged play when possible. More than 80,000 apps are advertised as educational; however, little research has demonstrated their actual educational quality. Check the educational value of the app before your children are engaged with the app.

Creating tech-free zones is another strategy to navigate the balance between technology use and face-to-face time. Keep family mealtimes, family and social gatherings, and children's bedrooms screen free. Turn off televisions that you aren't watching, because background TV can get in the way of face-to-face time with kids. Recharge devices overnight—outside your child's bedroom to help children avoid the temptation to use them when they should be sleeping. Many times, technology is a means to keep kids calm and quiet, but it should not be the only way they learn to calm down. Children need to be taught how to identify and handle emotions, come up with activities to manage boredom, or calm down through breathing, talking about ways to solve the problem, and finding strategies for channeling emotions.

As you install apps on the tablet, upgrade your child's cellphone, purchase a new game console, please ensure that you establish procedures around these tech items and maintain a healthy balance between tech use and face-to-face time.

Very truly yours,

Teneicesia White  
Principal

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**October 31<sup>st</sup>**

Classroom Celebrations  
at 2:50 PM

**November 1<sup>st</sup>**

Donuts for Dads

at 7:30 AM

Cafeteria/GYM

**November 3<sup>rd</sup>**

Clubs at 1:30 PM

Progress Reports

**November 6<sup>th</sup>-9<sup>th</sup>**

Fall Spirit Week

**November 6<sup>th</sup>**

Parent Lunch Yale 2<sup>nd</sup>

**November 7<sup>th</sup>**

Parent Lunch

Texas A&M 2<sup>nd</sup>

**November 10<sup>th</sup>**

No School

**November 11<sup>th</sup>**

Veterans Day

## **Health Tech Tip:**

If your child spends a great deal of time staring at tablets, cell-phones, laptops and video game consoles, their eyes can experience fatigue. Please encourage your child to take a break and use the 20-20-20 rule. Every 20 minutes, your child should take a 20 second break and focus their eyes on an object that is at least 20 feet away. Using the 20-20-20 rule will alleviate the strain on your child's eyes.