



Screen time policy

Bright Star Montessori School understands that screen time can get in the way of playtime, physical activity, and interactions with others, which all contribute to learning and healthy physical/social development. Screen time includes the use of television, videos, computers, and hand-held devices during care.

Because we care about the health and wellbeing of the children in our care, we follow best practice recommendations on screen time.

Therefore, we will restrict screen time by adhering to the following guidelines:

- We allow a maximum of 1 hour per week (no more than 30 min a day) of educational, age appropriate screen time only if necessary (as a visual aid).
- We do not allow television or movies.
- We do not have television or movies playing during mealtimes or to be left on as background noise.
- We do not offer screen time as a reward or to comfort.