

## Superintendent Letter (short)

Dear Superintendent [NAME],

We are writing to you to express our deepest concern regarding the overreliance of our public schools on screen-based learning.

Our children are already spending an enormous amount of time on screens outside of school – averaging nine hours per day for high school students, according to [one study](#). Excessive screen time has been associated with many maladies, including anxiety and depression, executive function disorders, eye disorders, and screen addiction. While screens in schools are not the only source of these problems, our schools share a responsibility to make sure they do not exacerbate such issues.

There are several steps that we suggest [DISTRICT NAME] take immediately to decrease the danger posed by the excessive use of screens by children:

- Eliminate the use of online textbooks. Students dislike them and e-books require them to be up late on screens. The blue light from screens suppresses melatonin production, contributing to sleep deprivation.
- Eliminate computer-based homework, which results in students spending more time on distracting, non-school activities at night (another contributor to sleep deprivation) and which makes parent monitoring of their child's screen time difficult.
- Allow children to opt out of computer-based activities if requested by a parent or recommended by a child's ophthalmologist, pediatrician, or mental health professional.
- Follow the device manufacturer's guidelines for the safe use of digital devices, including all ergonomic and eye protection measures.

We would be very happy to meet with you to discuss these concerns at your earliest convenience.

On behalf of our children, we implore you to take this issue seriously.

Signed,