

<p>Technology</p>	<p>Never before has there been such a wealth of knowledge available to students right at their fingertips! As technology increasingly pervades our society there is a new need for students to learn to manage their screen time in order to achieve and/or maintain a lifestyle balance. Screen Smart:</p> <ul style="list-style-type: none"> • raises student awareness about the time they spend using screens, • helps students to make conscious decisions about the use of screens, and • suggests ways to balance screen time with physical activity, social (face-to-face) interaction and creative time. 	
	<p>Sample benefits of screens</p> <ul style="list-style-type: none"> • We can see and talk with families and friends living in different cities. • We can play video games on our screens and play games with friends and family in other locations. • We can read documents on-line and save paper. • We can share pictures, videos, and information with our friends and families. 	<p>Sample concerns about screens</p> <ul style="list-style-type: none"> • Inactive screen time is sedentary time, and sedentary time can contribute to obesity. • Reduced academic achievement. • Reduced social skills. • Reduction in attributes and skills such as curiosity, imagination, attention, patience, persistence.
<p>Screen Time</p>	<p>Screen time is time in front of a screen, such as TV- and DVD-watching, playing video games, as well as using the computer for school or work.</p> <p>Recreational screen time happens in the periods before and after school, between dinnertime and bedtime on school nights, and on weekends. Unless otherwise stated in student materials, screen time is intended to refer to recreational time, i.e., the time children can be encouraged to make alternate choices about how they spend their time. Recreational screen time does not include work on screens in school or homework.</p>	
<p>TRADE30</p>	<p>TRADE30 means students are encouraged to trade 30 minutes of recreational screen time for 30 minutes of physical activity or other fun activities. In the Grade 4 Passport, students are asked to draw or write activities they are willing to trade on SCREEN and ACTIVE cards. In Grades 5, 6, and 7 the ideas of trading 30 minutes of screen time for active time is continued but without the cards. In a school-wide curriculum program, all grades TRADE30 for 3 consecutive days in the same week, and celebrate together at the end of the week. (NOTE: Primary students are involved as appropriate.)</p> <p>NOTE: The daily physical activity goal for children and youth is a minimum 60 minutes of moderate- to vigorous-intensity. Helping students to TRADE30 can put them well on their way to achieving this daily goal! [2011 goal developed by the Canadian Society for Exercise Physiology (CSEP) and the Public Health Agency of Canada (PHAC)].</p>	