

As you recall, one idea that came out of our parent workshop, *iParent: A Roadmap for Raising Children in the Digital Era* given by Rabbi Larry Rothwachs, was a desire among the parents to work on unified device shut-off times at night for each grade. In this way, parents can share and easily enforce the shut-off time with their children.

Thank you to the parents who filled out the survey regarding parental preferences for shut-off times for grades 3-8. We have gathered the data from the responses and here are the suggested unified shut-off times:

3rd grade- 7:30

4th grade- 8:00

5th grade- 8:30

6th grade- 9:00

7th grade- 9:30

8th grade- 10:00

After Tefilla today a short video about the importance of "shutting down" one's phone was shown to the middle school students, and these shut-off times were shared with them as well. As a reminder, once the devices are collected at shut-off time, one of the suggestions in our Yavneh Academy Suggested Guidelines for Digital Safety was *Children should not be allowed to sleep with a device in their room. All devices should be checked in at the end of the night and are charged in a common room or parents' room.*

Sincerely,

Rachel Jacobs

Keren Nussbaum

YPAA Co-Presidents