



NORTH BRANFORD PUBLIC SCHOOLS

September, 2025

Dear School Community Members:

I am reaching out to you as a follow up regarding my spring communication regarding the NBPS school community and NB Libraries book study on the “Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness” by Jonathan Haidt. As part of this collaboration, we had wonderful conversations about the book and how the themes relate to our community. As Director of Curriculum & Instruction, I highly recommend that you consider reading this book as those of us that read it feel it will inform your parenting, personal, and community habits related to the use of phones, screens, and the ideals of overprotection and resilience.

As part of our book study we discussed many ideas and potential actions and we wanted to let you know that our school community is committed to trying to reduce screen time, to educating students and families about the potential harmful effects of phones and social media, and to supporting our families, students, and community with building more resilience and social connection. Here are just some of the ideas we discussed that may have potential:

- Free play opportunities in our K-5 schools (during and after school)
- Continued analysis of our school cell phone policies
- Consider a “Wait Until 8th” pledge
- Community support for “Sunday Family Days” - no structured activities
- Parenting classes/resources/support for our families
- Student leadership groups across our schools (cyber-safety and resiliency)
- Continued student education around cell phones, social media, and life balance

To learn more about some parent/family resources from this book, here are some additional resources:

- [Wait Until 8th](#)
- <https://catherineprice.com/phone-break-up-challenge>
- <https://www.betterscreentime.com/am-i-ready-for-a-personal-device-a-self-evaluation-for-teens/>
- <https://letgrow.org/program/parents-and-families/>

We are building a community “Think Tank” to discuss and address these issues (currently 5 commits; looking for more). If this is something you would be interested in joining, please email me by 9/19 and we will determine next steps, meeting times, etc. “Anxious Generation” is available at our NB libraries; please consider making a visit to these wonderful educational/community spaces - they have much to offer!

Thank you in advance for your interest and collaboration around these issues,

Carter Welch

Carter Welch, Ed.D.

Director of Curriculum and Instruction: North Branford Public Schools

cwelch@northbranfordschools.org