DELETE BEFORE SENDING. Note to Parents: This particular request form was developed with PreK through Grade 2 students in mind. Every child and classroom is different, so there may be aspects that don't apply to your situation. Please modify as you deem fit or borrow language from the other request form templates for other grade levels. The highlighted list of apps/platforms should be modified based on what your school uses. We recommend submitting this request in person where possible, preferably with a ream of copy paper and a pack of pencils your child would enjoy using. We also recommend following it up with an electronic copy to the teacher with a copy to the school principal.

Request for Screen Free Classroom

Dear [Teacher],

We recognize the many demands teachers face each day and sincerely appreciate all you do. As parents, we are concerned about the amount of time children spend on screens both in and out of school. Research consistently shows that children, especially in their earliest years, learn best through direct instruction, conversation, play, movement, handwriting, manipulatives, and physical books.

For the upcoming school year, we would appreciate our child not spending time on a screen or using a 1:1 device at all, and instead that they be given the opportunity to complete work using paper, pencil, physical books, and other non-digital materials.

We would appreciate consideration of the following:

✓ No individual screen use except where legally required
✓ Paper-and-pencil assignments instead of digital worksheets
✓ Physical books and reading materials; no online reading platforms
✓ Strong focus on handwriting skills
✓ Math done on paper rather than screens
✓ No online games or apps, specifically including YouTube, Math Fact Lab, IXL and Epic
✓ Hands-on activities, discussion, group work, and manipulatives
✓ Direct instruction in place of educational videos when feasible
✓ No screen-based down time or reward time; please direct our child to read, draw or engage in another quiet activity during any free time

Our goal is not to eliminate technology entirely and understand that technology use will increase as they grow older, but during these very early years we want their exposure to screens to be extremely minimal in order to support their attention, learning, reading, writing, and healthy development.

We recognize that this request may not be possible in every circumstance, and we appreciate any efforts you can make to reduce our child's screen exposure. If there are ways we can help support this request, please let us know. We are happy to provide extra paper, books, classroom supplies or other materials to make this successful. Thank you for supporting this request and for your dedication to our students.

Parent Names: _____

Phone Number: _____

Email Address: _____

Research increasingly suggests that reducing unnecessary screen use and increasing opportunities for reading, writing, discussion, and hands-on learning may support attention, literacy, and student engagement.

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Student Name: _____

Research increasingly suggests that reducing unnecessary screen use and increasing opportunities for reading, writing, discussion, and hands-on learning may support attention, literacy, and student engagement.