



LCS
MIDDLE

LANGLEY CHRISTIAN SCHOOL
22702 48th Avenue | Langley, BC V2Z 2T6
(604) 533-0839 | www.langleychristian.com

June 26, 2024

Dear Parents and Guardians,

As we prepare for the upcoming 2024-2025 school year, we would like to inform you of an important change in our school policy at LCS regarding student technology use.

Effective this coming school year, LCS will no longer require students in **Grade 7** to bring their own devices (BYOD) to school. This decision comes after careful consideration and review of recent research on the impact of screen time on children's health and well-being.

The Middle Development Instrument (MDI) research has provided compelling data highlighting the concerning amount of screen time among children in this age group. According to their findings:

- **11% of children spend 4 or more hours per day on screens.**
- **15% of children spend 2-4 hours per day on screens.**
- When it comes to watching TV, Netflix, or YouTube:
 - **9% of children watch 4 or more hours per day.**
 - **22% of children watch 2-4 hours per day.**

Given these statistics, we are committed to fostering a healthier environment for our students. Excessive screen time has been linked to a range of negative health outcomes, including reduced physical activity, disrupted sleep patterns, and impaired social interactions. By limiting screen use during school hours, we aim to promote more balanced and productive school days for our students.

To support this initiative, LCS will be enhancing our on-campus technology resources to ensure that all students have access to the necessary tools for their learning without the need to bring personal devices from home. We understand that technology is an integral part of modern education and life. Our goal is to strike a balance that maximizes the benefits of technology while minimizing its potential drawbacks. We believe this change will support our mission to create a healthy, engaging, and supportive learning environment for every student.

Sincerely,

B Glazer, Middle School Principal