

## JCSH News and Resource Bundle for March 14 2019

Hello everyone

Here is the News and Resource bundle for this week.

Cheers

Susan

---

### News Articles:

#### **1) Why asking students to 'switch off' shows misunderstanding of their social dynamic**

This opinion piece by a British teacher suggests that young people's connection with cellphones is generational and cultural, but they may need some education in how to most benefit from them. This includes when to set them aside. "We should be looking towards providing young people with justifiable (to their peers) means of 'switching off', therefore not setting them up for online ostracisation," he says. "Creating spaces where phones and social media are not in use is vital to the development of young people." The teacher advocates, not for cellphone bans in school, but a more holistic approach that supports decision-making and agency.

[https://www.huffingtonpost.co.uk/entry/mobile-phone-school\\_uk\\_5c546cbae4b043e25b1c189c?ncid=other\\_topnaventr\\_coabgdcpxri&utm\\_campaign=topnav](https://www.huffingtonpost.co.uk/entry/mobile-phone-school_uk_5c546cbae4b043e25b1c189c?ncid=other_topnaventr_coabgdcpxri&utm_campaign=topnav)

## **2) Limited screen time, adequate physical activity and sleep associated with improved cognition for kids: study**

A study by researchers with the Children's Hospital of Eastern Ontario Research Institute in Ottawa and published in *The Lancet Child & Adolescent Health* finds that children who engage in no more than two hours of screen time daily have better school outcomes. This research is connected to a larger work on how, particularly in children's development, daily habits impact cognition. "We know these behaviours have independent effects on health. But they also have effects on each other, and there is an integration of how the whole day matters," says, the lead author of the study. Dr. Leigh Vanderloo, an exercise scientist with ParticipACTION who was not part of the study suggests that, as an alternative to sedentary classes, children's focus and learning outcomes improve when are given the opportunity to move more.

<https://www.theglobeandmail.com/canada/article-adequate-physical-activity-and-sleep-limited-screen-time-associated/>

## **3) Schools are banning smartphones: Here's an argument for why they shouldn't and what they should do instead**

The former director general at the Finnish Ministry of Education and Culture, and now a professor of education policy at the Gonski Institute for Education at Australia's University of New South Wales in Sydney, believes that cellphone bans in schools is not the proper solution to a global concern for the health, well-being, and academic success of young people. Pasi Sahlberg argues there are many better solutions more in keeping with the key foundations of education: to teach options and self-determination and investigation. "Blanket bans are rarely

the most effective ways to fix human behavioral problems. From an educational perspective, banning smartphones in schools would be an easy solution but not necessarily the smartest one.... Education can be a powerful tool to teach children to exercise self-control and to live better lives," he said.

[https://www.washingtonpost.com/education/2018/09/21/schools-are-banning-smartphones-heres-an-argument-why-they-shouldnt-what-they-should-do-instead/?utm\\_term=.e8bed5967b7c](https://www.washingtonpost.com/education/2018/09/21/schools-are-banning-smartphones-heres-an-argument-why-they-shouldnt-what-they-should-do-instead/?utm_term=.e8bed5967b7c)

#### **4) Another tool to improve student mental health? Kids talking to kids**

Although both practice and research is showing that schools are increasingly involved in addressing the mental and emotional health of their students, school leaders also say they feel they must shoulder the responsibility for this if they are going to help students achieve academic success. A Taos, New Mexico high school holds a three-day annual retreat for first year students led by the senior students. While there is disagreement on whether sharing uncensored stories of trauma, including sexual assault and suicidal ideations, may be harmful to young audience members, the Taos experience is that peer-led social emotional learning is essential. The school's principal hopes this will expand to social-emotional curriculum for all grade levels: "Pulling days and extracting days from academics can be very challenging," he said. "But one doesn't go without the other. If kids aren't ready to learn because of the difficult emotional state they're in, then it doesn't help anyway, no matter how many days they're in class."

<https://hechingerreport.org/another-tool-to-improve-student-mental-health-kids-talking-to-kids/>

---

**(Resource) Book by Andreas Schleicher, Director for Education and Skills at OECD: *World Class: How to Build a 21<sup>st</sup> Century School System*.**

This book is available as a free download at the link below. It looks at the original purposes and role of PISA; it also describes successful school systems, areas that might improve equity in education, and the essential role of the Sustainable Development Goals in education.

[https://read.oecd-ilibrary.org/education/world-class\\_9789264300002-en#page1](https://read.oecd-ilibrary.org/education/world-class_9789264300002-en#page1)