

March 18, 2025



**School District 19**  
(Revelstoke)

Dear Families,

I hope this letter finds you well. As we continue to foster a safe and engaging learning environment for all students in the Revelstoke School District, I want to take a moment to share the importance of our updated Personal Digital Device Policy (5.15) and how it supports the health and well-being of our children.

We recognize the important role that technology plays in education, providing access to valuable learning tools and resources. However, we must also acknowledge the growing body of research that highlights the negative impacts of excessive screen time on children's cognitive development, mental health, and social well-being. In response, the Revelstoke Board of Education has introduced a policy aimed at ensuring our schools remain spaces for focused learning, meaningful connections, and personal growth. This policy will be implemented after March Break.

### **Why This Policy Matters**

Studies have shown that unrestricted access to digital devices can contribute to challenges such as reduced attention spans, anxiety, sleep disturbances, and diminished face-to-face interactions. Our goal is to create an environment that prioritizes:

- **Cognitive Development** – Encouraging students to engage fully in classroom learning without digital distractions.
- **Healthy Social Interactions** – Promoting in-person communication and relationship-building among peers.
- **Self-Regulation Skills** – Helping students develop healthy habits around technology use.

### **Policy Overview**

- **Elementary Schools:** Students will not use personal digital devices during school hours. If a device is brought to school, it must remain off and out of sight.
- **High School:** Devices may not be used during instructional time, including breaks between classes. Students in grades 8-12 may access their devices only in designated areas before school, at lunch, and after school.
- **Exceptions:** Students with documented medical conditions or specific educational needs requiring device use may be granted accommodations.

To support the implementation of this policy, schools will take a tiered approach to address non-compliance, including verbal warnings, parent/guardian notifications, and escalating consequences as needed. School staff will communicate expectations clearly to students and families through signage, assemblies, and newsletters.

## How You Can Help

We recognize that technology use extends beyond the classroom, and we encourage families to reinforce healthy digital habits at home. Here are a few ways to support this initiative:

- Discuss with your child the importance of balancing screen time with offline activities.
- Model appropriate technology use by setting boundaries on personal device time at home.
- Encourage outdoor play, reading, and in-person conversations as alternatives to screen time.

By working together, we can ensure that our students develop the skills they need to thrive in an increasingly digital world while maintaining their mental and emotional well-being. Thank you for your support in helping us create a learning environment that prioritizes focus, connection, and growth.

For further information, please see the following link for SD19: Developing an Approach to Personal Digital Devices  
[sd19.bc.ca/our-district/policies-reports/sd19-developing-an-approach-to-personal-digital-devices/](https://sd19.bc.ca/our-district/policies-reports/sd19-developing-an-approach-to-personal-digital-devices/)

If you have any questions or concerns, please do not hesitate to reach out to your child's school. Your partnership is invaluable as we continue to provide the best possible educational experience for our students.

Sincerely,



Roberta Kubik (she/her)  
Superintendent of Schools

*Grateful for the privilege to live and learn on the unceded traditional territories of the Sinixt, the Secwépemc, the Ktunxa, and the Syilx Okanagan.*