# Technology for the Lifelong Learner

2 January 2024







#### Overview



## Role of technology for learning

- Relationship of technology and learning
- School's use of technology

#### Cyber Wellness

- Importance of managing screen time
- Cyber Wellness education (School-Home Partnership)





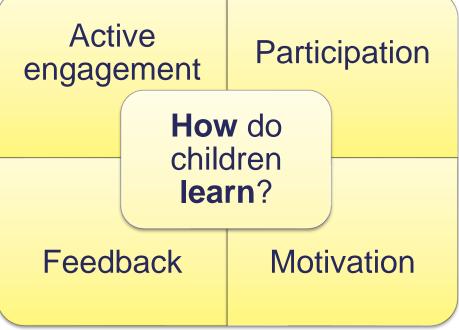






## What is the relationship between technology & learning?











# How does technology afford learning?



- Provide students with more opportunities to learn independently and to be more self-directed in their learning.
- Connected learners who continually learn through collaboration with the community and the world





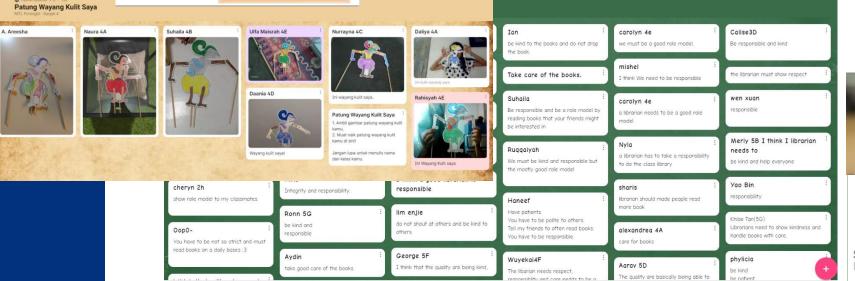








- Supplies stimulating environments that encourage student involvement in the learning process
- Offers students diversity, self-paced learning and opportunities for individual growth and self expression
- Provides opportunities for students to practise, demonstrate skills







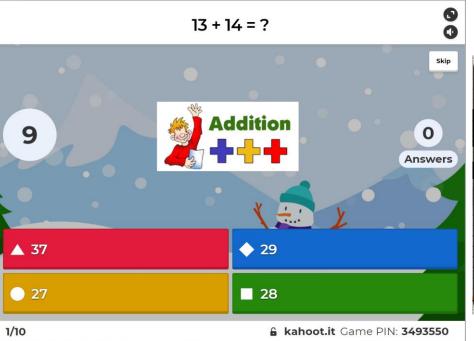


Promotes higher-level thinking skills

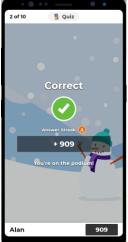
•Increases students' motivation, self-esteem and self-confidence

in learning.



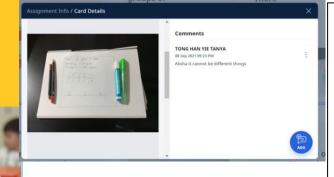








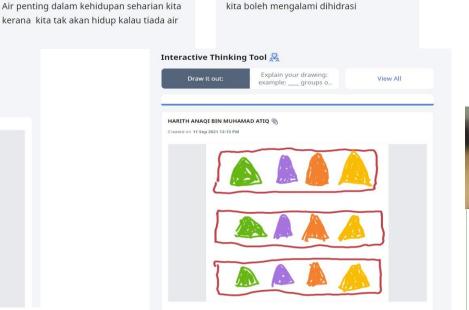




 Offers students diversity, self-paced learning and opportunities for individual growth and self expression

 Provides students with unique opportunities to apply skills and talents and to interact with others in non-threatening environments





NUR ARYA AREESHA BINTE MOHAMME...

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SENGKANG GREEN Primary School

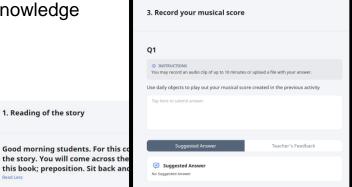
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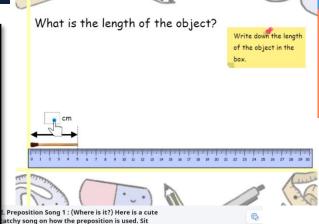
 Supplies information through multi-sensory delivery channels, allowing students with various learning styles to assimilate and

apply knowledge

1. Reading of the story

Student









back and enjoy!



Primary School



#### Why use SLS?

All Subjects, All Levels Relevant to MOE Syllabus

Wide Range of Topics

Free & Easy
Access

Why use SLS?

Fun,
Interactive &
Easy to Use

Learn Anytime, Anywhere, At Your Own Pace

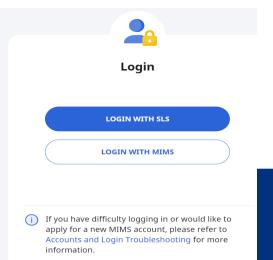




#### Home-Based Learning

- Continuity of learning at home
- Continual effort to inculcate self-directed learning
- Infuse Cyber wellness values to develop the students' instinct to protect and empower them to take responsibility for their own well-being in cyberspace



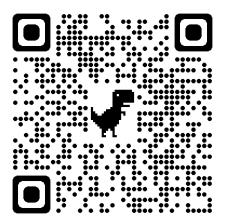




#### Home-Based Learning



- •Students will require a device (Tablet / Laptop computer) with internet access to work on assignments from home.
- **DigitalAccess@Home** makes digitalisation more accessible, to those who need it, such as students from low-income families who require digital access for home-based learning.
- DigitalAccess@Home Infocomm Media Development Authority (imda.gov.sg)







### Did you know?

# 67% of children aged seven to nine in Singapore use smartphones every day, and are active on social media

 DEVICES USED DAILY BY CHILDREN (%)

 Overall
 Aged 7 to 9
 Aged 10 to 12
 Aged 13 to 16

 Smartphone
 84
 67
 85
 98

 Personal laptop
 32
 13
 30
 51

 Family laptop
 36
 44
 37
 27

 Tablet/iPad
 52
 65
 51
 40

Others

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Age when they started using social media

Current age/ Starting age	Overall	Age 7 to 9 years old	Age 10 to 12 years old	13 to 16 years old
3 years old or below	9%	17%	6%	4%
4-6 years old	25%	42%	24%	11%
7-9 years old	39%	41%	46%	31%
10-12 years old	22%	NA	24%	40%
13-16 years old	5%	NA	NA	14%





## THE STRAITS TIMES

#### **SINGAPORE**

increased. PHOTO: ISTOCKPHOTO



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SINGAPORE – A recent local study found that excessive screen time for infants is linked to impaired brain function in the near term and can possibly affect learning for years after that.

The longitudinal research tracked 506 children at three points over nine years.

Through the brain scans at 18 months, researchers found that kids who were

exposed to longer screen time had more "low frequency" waves, indicating a lack of cognitive alertness.

The increase in screen time corresponded with an increase of the "less alert" waveform.

When the children were put through cognitive ability tests at nine years old, researchers found that more cognitive deficits were measured as the duration of screen time increased.







#### How does excessive screen time impact learning?

The study found that excessive screen time for infants is associated with executive function deficits, such as the inability to persist in a hard task, at age nine.

Dr Law said studies have shown that executive function matters even more than IQ in terms of achievement later in life, and the lack of self-control at an early age explains many difficulties later on.

A longitudinal research in New Zealand, called the Dunedin Study, tracked the development of residents for more than 50 years and found that poorer self-control in childhood correlates with being less able to handle health, social and financial issues later in life.

In the immediate term, Dr Law said attention difficulties make schooling difficult.

"If you don't have attention, a simple piece of homework is a marathon. No matter how much the child wants to learn, the effort needed is just too difficult," she said.





As a child gets older, say at 18 months, he understands more and is able to learn more from the screen as long as it is at a suitable pace.

However, this could be a double-edged sword, as the child may mimic the content on a screen.

A study called the Bobo doll experiment done in Stanford University in California found that children learn social behaviour such as aggression through observation – children who watched aggressive behaviour on a screen later punched and kicked the Bobo doll.

Parents may think a show like Dora The Explorer is educational as it asks children questions such as, "What colour is this?". But if a child answers incorrectly, Dora would not be able to correct him, said Dr Law, who added that "the best learning is still one that is two-way".



#### What is Cyber Wellness?

- Cyber Wellness is about our students being able to navigate the cyber space safely.
  - This is done through our curriculum which aims to equip students with the knowledge and skills to harness the power of Information and Communication Technology (ICT) for positive purposes, maintain a positive presence in cyberspace and be safe and responsible users of ICT.







#### **How does SKGPS support Cyber Wellness?**

**3-tiered Approach** 

CW Ambassadors (Leaders)

ICT Monitors (Class Leaders)

Whole Cohort (Students)

Develop and design quality student leadership training and development programmes with the emphasis on Cyber Wellness messages





#### **How does SKGPS support Cyber Wellness?**

#### **Some Key Programmes**



lessons/activities

- Interactive Classroom Activities
- Recess Activities
- Cyber Wellness Week
- Cyber Wellness Clinic







#### How does SKGPS support Cyber Wellness?

Topics	What your child will learn about		
Cyber use	•Maintaining a healthy balance of online and offline activities		
Cyber identity	•Developing a healthy online identity •Appropriate online expression		
Cyber relationships	<ul> <li>Netiquette</li> <li>Cyber bullying</li> <li>Developing safe, respectful and meaningful online relationships</li> </ul>		
Cyber Citizenship	<ul> <li>Understanding the cyber world</li> <li>Handling online content and behaviour</li> <li>Having a positive presence in the cyber community</li> </ul>		
Cyber Ethics	<ul> <li>Creating and sharing of online content in a responsible manner</li> <li>Respecting copyright</li> </ul>		

What will our Primary 1 students learn about Cyber Wellness during CCE (FTGP) lessons?

During CCE(FTGP)\* lessons, students will be taught:

- Basic online safety rules
  - Talking to only people you know
- Importance of a balanced lifestyle in exercise, sleep and screen time for health and well-being
- Protecting Personal Information
  - Understand the risks of disclosing personal information

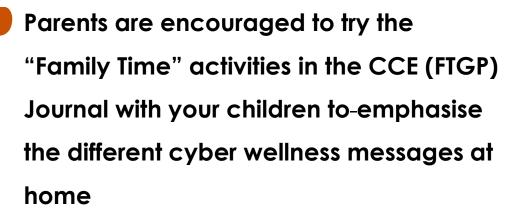


E.g. Lower Primary Lesson on Staying Safe in the Cyberworld

#### What will our Primary 1 students learn about Cyber Wellness during CCE (FTGP) lessons?

**Cyber Contacts** 

- Understand that the profiles of strangers that we see online may not be their real identities
- Recognise the dangers of chatting with strangers online





#### Family Chat Time!

Share 'My Online Safety Code' with your parents/guardians, siblings and other family members.

- share with my family members how I can be safe in the cyberworld.
- · remind my family members to follow the safety rules together.







## How can parents help our children develop good digital habits?

- Good digital habits start from the home. Supporting our children early in this process will help them greatly as they grow older.
- Based on MOH's Guidance on Screen Use for 7-12 year olds, parents are encouraged to:
  - Use parental control settings to monitor and ensure children access to age-appropriate content;
  - Develop a timetable or screen use agreement to balance screen time and family bonding and;
  - Avoid screen use during mealtimes and one hour before bedtime.



For more information, you can scan here for MOH's Guidance on Screen Use





## How to have open communication with our children?

- Open communication is critical in building a positivechild relationship.
- Talk to our children about their online activities in everyday conversations:
  - Did you enjoy the video that we watched together just now? What did you like/not like about the video?
  - Have you seen or heard anything online that bothered or worried you? Tell me about it.







- Create a safe environment for our children to express their thoughts and feelings.
  - Find a place where your child is more comfortable to talk
  - Teach your child to use words to describe different emotions, e.g. "I see you're frowning, are you feeling sad?"
- Let them know that you are there for them when they need support, care or help.
  - Regularly show interest in their thoughts and feelings.
  - Listen to understand, make eye contact, nod to show you have heard them.







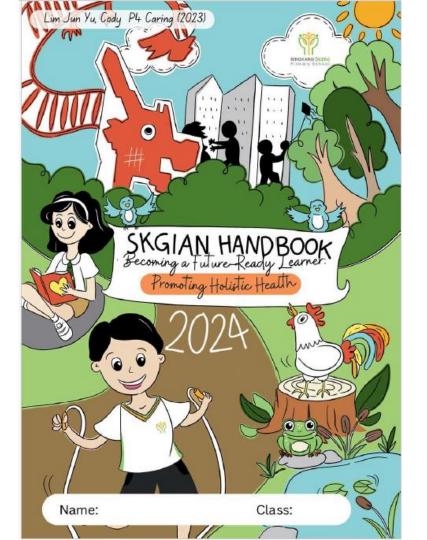
## How to role model good digital habits for our children?

- Children often mirror what their parents do.
- We can role model positive digital habits for our children.
  - When using your devices, consider whether it interrupts your interactions with them.
- We may want to set aside time to head outdoors with them or engage in non-technology based activities together (e.g. sports or a board game).

















Students are not allowed to bring mobile and smart electronic devices such as mobile phones, ipads and smart watches to school. This is to avoid distractions from lessons and the loss of such valuables. It is also important to nurture students to be responsible and discerning users of technology.

Students are to use the pay phones located near the canteen if they need to contact their parents during school hours.

Any parent with exceptional reason for his/her child to bring electronic devices to school, must seek the Principal's prior permission in writing. The permission of the Principal will be valid up to 31 Dec of the year and fresh permission has to be sought on a yearly basis.

Any inappropriate use of mobile and smart electronic devices in school may result in the confiscation of the devices. Please take note that the school will not investigate the loss of mobile and smart electronic devices that are brought to school. Students who bring such devices to school without prior written approval from the Principal, may have their device confiscated. Parents will have to come and collect the device from the school.

There are consequences when students commit an offence which may affect their eligibility for school based /MOE awards.





## Role of a 21<sup>st</sup> Century Parent



Every Parent
A Supportive Partner



Tap on Technology for Learning



**Collaborative & Self-Directed SKGians** 





