



Screen Time Policy

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Approved by:

FGB

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Screen Time Policy

Introduction

At The Mary Bassett Lower school, we recognise that technology can be a valuable tool to support teaching, learning and communication when used appropriately. We are committed to ensuring that children's use of screens is purposeful, developmentally appropriate and aligned with current guidance, particularly within the Early Years Foundation Stage (EYFS).

This policy reflects the updated EYFS guidance, which emphasises the importance of reducing excessive screen exposure, particularly passive viewing, and prioritising high-quality interactions, play, communication and physical activity.

Aims

This policy aims to:

- Ensure screen use supports and enhances the teacher-delivered curriculum rather than replacing direct teaching or interaction.
- Promote healthy, balanced and age-appropriate use of technology across the school.
- Reduce passive screen exposure, particularly moving images and prolonged visual stimulation.
- Support children's communication, language, physical development, wellbeing and attention.
- Provide clear guidance for staff and families on appropriate screen use.
- Encourage positive partnerships with parents to promote healthy screen habits at home.

Principles of Screen Use

Educational Purpose

Screens and digital technology will only be used where they:

- Have a clear educational purpose.
- Directly support curriculum delivery and learning outcomes.
- Enhance teaching through modelling, research, demonstration, accessibility or assessment.
- Support children with additional needs where appropriate.

Technology should complement high-quality teaching and interaction, not replace it. Direct teaching, discussion, practical experiences, storytelling, play-based learning and adult-child interaction remain central to our curriculum.

EYFS-Specific Guidance

In line with EYFS guidance and child development research:

- Children in the Early Years will have limited exposure to screens during the school day.
- Screens will not be used as a substitute for active learning, outdoor play, sustained shared thinking or practitioner interaction.
- Passive viewing, including extended watching of videos, animations or moving visual content, will be minimised.
- Where screens are used, this will be brief, purposeful and directly linked to learning intentions.
- Practitioners will prioritise real-life experiences, hands-on exploration, talk, stories, songs and play.

Examples of appropriate EYFS screen use may include:

- Sharing photographs linked to children's experiences.
- Brief visual prompts to support discussion or recall.
- Accessing age-appropriate educational software with adult support.
- Documenting learning through observations or digital portfolios.

Passive Screen Exposure

At The Mary Bassett Lower School, we recognise the growing concerns regarding excessive passive exposure to screens, including moving images, animations and rapidly changing visuals. Excessive passive viewing may impact:

- Attention and concentration
- Language development
- Sleep and wellbeing
- Physical activity levels
- Social interaction and communication

To support healthy development:

- Background screens will not be used in classrooms.
- Videos and animations will be used sparingly and only where they directly enhance learning.
- Staff will carefully consider the length, pace and suitability of visual content as part of curriculum planning.
- Children will be encouraged to engage in active rather than passive learning experiences.

Use of Interactive Whiteboards and Classroom Displays

Interactive whiteboards and digital displays are used thoughtfully and purposefully. This includes:

- Avoiding unnecessary visual clutter or overstimulating presentations.
- Ensuring screen content is relevant to the learning objective.

- Balancing screen-based input with discussion, practical activity and independent learning.
- Turn screens off when not actively in use.

Staff Responsibilities

All staff are responsible for:

- Modelling healthy and appropriate technology use.
- Ensuring screen use is purposeful and age appropriate.
- Monitoring children's exposure to screen-based activities.
- Prioritising direct interaction and high-quality teaching.
- Following safeguarding and online safety procedures.

Senior leaders will monitor the implementation of this policy through learning walks, curriculum monitoring and discussion with staff.

Partnership with Parents and Carers

At The Mary Bassett Lower School, we recognise the important role families play in establishing healthy screen habits. The school will work in partnership with parents and carers by:

- Sharing guidance on age-appropriate screen use.
- Promoting balanced routines that prioritise sleep, play, conversation and physical activity.
- Encouraging screen-free mealtimes and bedtime routines.
- Signposting families to trusted sources of advice.

Useful guidance for parents includes:

- NHS Screen Time Guidance
- [NSPCC Online Safety and Screen Time Advice](#)
- [Internet Matters Parent Guides](#)
- UK Health Security Agency – Reducing Screen Time

Monitoring and Review

This policy will be reviewed annually or in response to updated statutory guidance or national recommendations relating to screen use, safeguarding or the EYFS framework.