L.I.G.H.T Programme (iPAD Classes)

Parents engagement Session (8 Jan 2022)

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Learning for an Innovative Generation using Handheld Technology (L.I.G.H.T.)

LIGHT?

- A Bring Your Own Device (BYOD) initiative means that students can bring to school their own iPads(without sim card) to help further their education and improve engagement and achievement.

L.I.G.H.T Vision Statement

- To create a ***student centered learning environment for life-long learning*** where ***technology is fully utilized*** to provide each and every student the ***opportunity to expand their knowledge through exploration and discovery*** which will ***enhance creativity and develop 21st century skills***.

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Shaping Habits

- Cyberwellness @ Wellington

- Wise use of screen time

- How parents can manage screen time

- Shaping Habits

Persuasive Technology

What is Persuasive Technology

1. The **technology** designed with the underlying motive of modifying a certain attitude of behavior, exploiting psychological and sociological theories, such as persuasion and social influence. Learn more in: Sustainable Mobility in Smart Cities: The Key Role of Gamified Motivational Systems for Citizens' Engagement and Behavior Change

2. **Technology** developed according to the principles of **Persuasive** design. Sometimes used as another name for **Persuasive** design. Learn more in: Persuasive Design

3. A type of **technology** that is designed to change attitude or behavior of the users. When applied in a learning domain, it helps design engaging and motivating learning experiences. Learn more in: Leveling Up: Using Motivational Digital Technology to Create Meaningful CLIL Experiences

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Can you describe an example of persuasive technology? ⌃

Platforms like Facebook, Twitter, Instagram, Snapchat, and TikTok are built on persuasive technology, **technology created specifically to change its users' opinions, attitudes, or behaviors to meet its goals.**

17 Aug 2021

https://www.humanetech.com › youth › persuasive-techno...

Persuasive Technology

https://educationaltechnologyjournal.springeropen.com › ... ⋮

Persuasive technology for enhanced learning behavior in ...

by YDL Widyasari · 2019 · Cited by 20 — The **research** structure is shown as follows: The overview of the **persuasion** system, e-learning, and Web 2.0 **technology** is described in ...

https://journals.sagepub.com › doi › pdf   ⋮

Persuasive technology for health and wellness - SAGE Journals

by R Orji · 2018 · Cited by 281 — the **technology** design, **research** methods, motivational strategies, theories, ... all the **studies**. Evaluation outcome: does **persuasive** health **technolo**...

https://journals.sagepub.com › doi   ⋮

Persuasive technology for health and wellness: State-of-the ...

by R Orji · 2018 · Cited by 281 — The author(s) received no financial support for the **research**, authorship, and/or publication of this **article**. References. 1. Orji, R, Mandryk, ...

https://www.semanticscholar.org › paper › Do-Persuasive-   ⋮

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SIGNS OF
VIDEO GAME ADDICTION

In 2016, Americans spent over $30 Billion on video games.
Here are some signs of videogame addiction or dependency:

Gaming disrupts your sleep habits

Avoiding school or work to play

Needing to play longer to get enjoyment

Feeling irritable if you can't play

Feeling anxious when not playing

Being consumed with thoughts about gaming

Playing more than 6 hours a week

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- Is it okay to not do your homework?

- Is admitting in class that you didn't do homework okay?

- Is it easy coming up with excuses for not doing homework?

- Are you often scolded by your family for your gaming habits?

- Is it irritating?

- Who is the cause of all these troubles/nagging?

- What values have been lost?

- Does it make you feel good?

5 Ways to Manage Time Spent Gaming

by @Inner_drive | www.innerdrive.co.uk

DO ✓ **GET YOUR WORK DONE FIRST**
You can then spend time enjoying gaming knowing that your work has been done.

DON'T ✗ **LOSE SLEEP OVER IT**
Sleep is important as it impacts on how you feel, think and behave the next day.

DO ✓ **SET A TIME LIMIT**
This can help ensure you don't spend too much time gaming. All things are best in moderation.

DON'T ✗ **SPEND TOO MUCH TIME ON YOUR OWN PLAYING IN YOUR ROOM**
Playing with other people in person and spending time with others is important.

DO ✓ **GET EXERCISE**
Be sure to get enough fresh air and physical activity regularly. Don't replace exercise and sport with gaming.

YOU CAN, YOU WILL!

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WELL-BEING WHILE ON SOCIAL MEDIA

How to use social media safely and protect your mental health?

1 LIMIT THE TIME YOU SPEND ON SOCIAL MEDIA

check objectively how much time you spend on each platform. Try setting yourself a time limit that suits your life best. There are plenty of apps to help with this

2 MONITOR WHERE YOU USE SOCIAL MEDIA MOST

commit to not checking social media during meals with family and friends, and when playing with children or talking with a partner.

3 NO SCREENS IN THE BEDROOM

Don't keep your phone or computer in the bedroom, as it can disrupt your sleep.

4 TRY HAVING A 'DETOX'

go for a few days without social media. See how you feel. If you start to have anxiety you might have the case of FOBO (fear of missing out). Watch yourself for signs of addiction.

5 PAY ATTENTION TO HOW YOU FEEL

if whatever you seeing makes you feel worst, not good enough, anxious then stop it. There is no reason for you to feel this way. Content that doesn't benefit your life, doesn't have a place in it at all.

6 CLEAN YOUR FEED

over time you find yourself having lots of online friends, organizations, businesses that you follow. Some content might still be interesting, others might be not relevant, boring or simply annoying. Clean, delete, unfollow often. It's like cleaning your closet, it's good for your head.

7 TURN OFF NOTIFICATIONS

there is nothing so important that you have to know about it the minute it appears online. Live your life on your own schedule, don't be chained to the cell phone.

8 GO OUTSIDE AND MEET WITH PEOPLE

Invite your friend for a coffee, go out, see people, go for a date. Don't limit your social interaction only to online.

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DMP
Datt Mediproducts

Care for your Inner Self
(Mind & Soul)

Eat your greens

Drink enough water

Exercise & be active

Get a good night sleep

Stay Organized

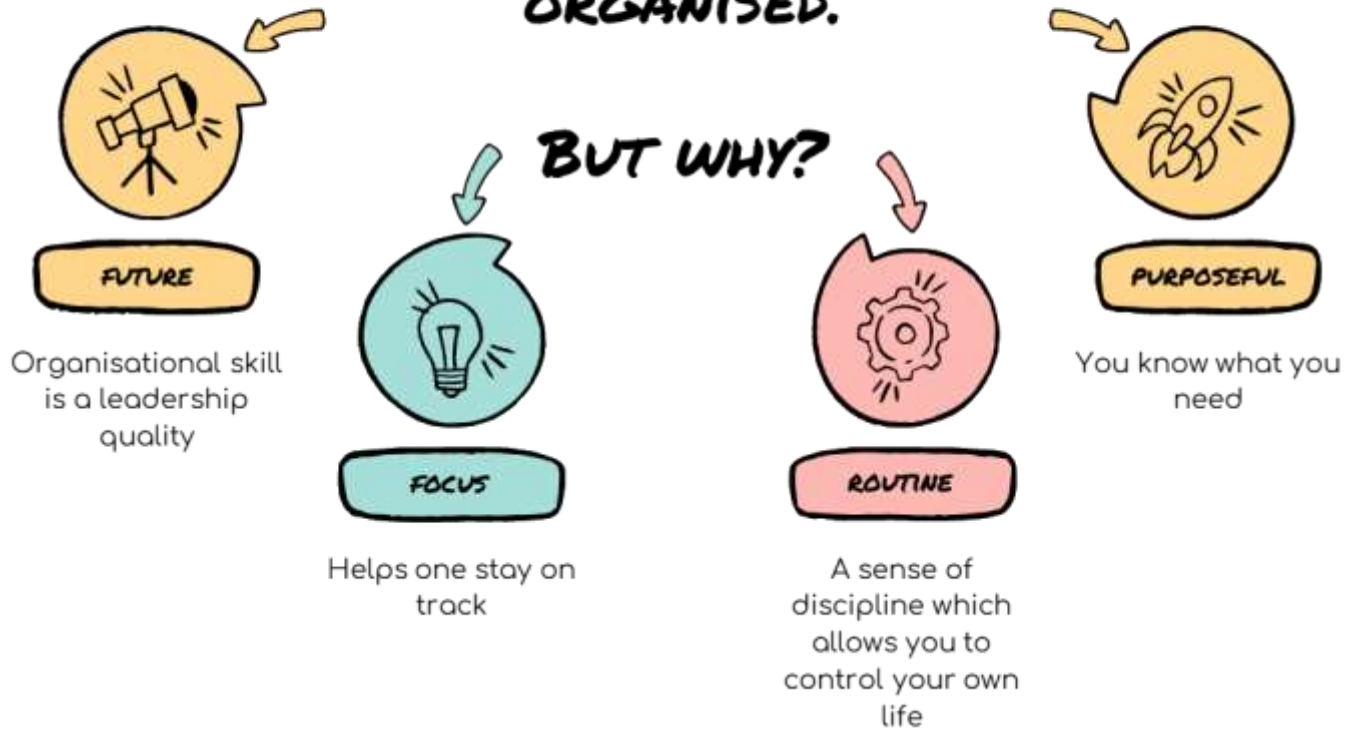Do something creative

www.dattmedi.com

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WE ARE GOING TO FOCUS ON BEING ORGANISED.

BUT WHY?

FUTURE

Organisational skill is a leadership quality

FOCUS

Helps one stay on track

ROUTINE

A sense of discipline which allows you to control your own life

PURPOSEFUL

You know what you need

A SAMPLE

sample study timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9am	Travel	Travel	Travel	Travel	Travel		
9-10am	In school					Family Time	Food Shopping, Lunch Chores
10-11am							
11-12							
12-1pm							
1-2pm							
2-3pm							Study (in the library)(3hrs)
3-4pm							
4-5pm							
5-6pm	Travel	Travel	Travel	Travel	Travel		
6-7pm	games	Dinner	games	games	games	Dinner	games
7-8pm	Dinner		Dinner	Dinner	Dinner	Study (4hrs)	Dinner
8-9pm	Study (2hrs)	Online Tutorial	Study (2hrs)	Watch TV	Study (2hrs)		Study(2hrs)
9-10pm							
10-11pm							
11-12pm							
Study hrs:	2		2	-	2	4	5

Total study hours per week: 15

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What do you notice in your plan?

- Is there time for reading?

- Are you allocating more time for games/play/social media? Is it necessary?

- Is there enough time for your learning/studying/revision?

- Is there enough time for rest/sleep?

- Do you have a good balance between work and play?

- Does the after school plan give you a satisfaction?

Fill in the template and stick it in your organiser

This is a blank timetable for you to complete and follow closely.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8am							
8-9am							
9-10am							
10-11am		In School					
11-12pm							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							
10-11pm							
11-12pm							

Teachers may suggest some ideas or block some timings for your well-being.

Eg.reading everyday

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Rules for Use of Mobile Devices

Important!!

- After receiving feedback from parents with regards to the delay in the delivery of iPads, we have decided to postpone the date your child needs to bring the iPad to school. Initially it was on 10 Jan. But now they can bring their iPads from 17 Jan.

- If possible if they have an iPad cover, please get them to bring that to school from 10 Jan. This will allow us practise the rules and routines of taking care of the device when they have their iPads. We would like you to follow up with the routines at home as well so that your child to understand the need to shape their habits

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Home

- ***Charge the Devices at home***.

- ***Photo in school uniform*** for home and lock screen.

- Have at least a ***four digit passcode***.

- Do not ***install games.***

- ***Back up*** photos and videos.

- ***Do not pack chargers and/or power banks*** into your school bags.

On the way to School

- Pack the device in the bag safely with a **_good screen protector_** and cover.

- **_DO NOT_** use the device while walking, on the bus, in the car, etc. It will be **_Distracting and dangerous_**

- Keep the device in **_your bag and keep your bag close to you at all times._**

In classroom

- Keep your **mobile devices in your bags** and do not use them unless your teachers specifically ask to take them out.

- **No sharing of mobile devices.**

- **No photos and videos can be taken** using the devices **without the permission of a teacher.**

Use of mobile devices out of the classroom

- While *__walking with their mobile devices__*, students are *__to clutch them with both hands to their chest.__*

- Keep the *__device in their bags__* during *__movement between lessons.__*

- Strictly *__no checking of mobile devices for messages etc__*. *__while walking.__*

After school

- During *learning journeys or out of school activities* students must *deposit their mobile devices for safekeeping at the ICT Resource Room (fourth floor)* immediately after official dismissal.

- An ICT Personnel will collect and record.

- Students must remember to *collect back their devices after these activities*.

- If it is after 5.30 pm, *collection of mobile devices can only be done the following day.*

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ProTeach

- ProTeach students must deposit their mobile devices with their ProTeach teachers.

- Students to collect before they leave for home.

- Students are not allowed to use their mobile devices during ProTeach unless supervised.

Going home

- ***Mobile devices are to be kept safely in schoolbags*** and cannot be used at anytime

- ***At no time must the mobile devices be out of the schoolbag***, etc.

- Mobile devices ***can only be taken out of the schoolbags once students have stepped into their homes.***

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Overall Guideline

- Take care of the mobile devices.

- No sharing.

- Put the devices away when not in use.

- Any student caught _**using their device without permission or not following the rules stated here**_, will have _**their device confiscated and parents will be informed**_.

- Any _**student caught using the device to bully or cause distress to others will have their devices confiscated for up to three days.**_ Parents will be informed.

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- We have some notes on the use of iPad. We will be posting on our school webpage next week. We will send the link via the Form Teachers.

Revised January 2019

Getting Started – How To Use Your Mobile Device
For Parents and Students

Contents

What is an iPad?

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Thank You

- Question and Answer