



## **NCS Media Guidelines**

NCS is dedicated to nurturing each child's capacity for creative imagination, independent thinking, and positive action. The school strives to foster students' healthy emotional development and meaningful relationships with their environment. These experiences are undermined by encounters with media that separate children from direct authentic experience. Students best learn to use electronic media as a resource when these media are introduced after children have developed a rich experiential foundation. Media thus become a supplement to, not a substitute for, the richness of direct experience.

As educators and parents, we are unified by the idea of protecting the sanctity of childhood. The goal of the media policy is to help guide and support families as they mindfully navigate the world of media and technology and to support the objectives of Waldorf-methods education. Each family's respect for the Media Policy has a positive effect on the students' educational and social experience at school, which is important for the health of the entire NCS community.

The younger the child, the more vitally important it is to protect the sanctity of childhood. The young child needs to maximize opportunities for movement, social interaction, and nature experiences in order to actively engage in the world. As a child progresses through the grades, it is important to introduce media usage slowly and judiciously.

### **Our recommendation for students:**

#### **Kindergarten and Grade 1**

- Screen-free until Second Grade

#### **Grades 2 through 5**

- Screen-free during the school week
- Screen-free play dates, birthday parties and sleepovers
- Mindful rules for media usage
- Monitoring of all media usage
- Observe G or PG ratings for movies

#### **Middle School, Grades 6 through 8**

- Put the computer in a public place in the home and use a password for access.
- Provide rules for computer and internet usage, and stick to them.
- Screen-free on any evening preceding a school day, including all electronic communication except for homework and projects.
- Prohibit access to websites where the child may post his or her personal information.
- Encourage regular study habits in a quiet environment, without a backdrop of recorded music and video.
- Limit time spent listening to iPods and other portable music players. Review all media content beforehand and discuss it afterward.
- No R rated movies.
- Delay personal cell phones and social media usage until high school.

**Media Resource:** Common Sense Media provides information, education, and tools for parents to help their children safely and thoughtfully navigate their way through the world of media and technology.

<http://www.commonsensemedia.org>