

Swiss Cottage CYBER WELLNESS

Swiss Cottage Secondary School

Technology for Learning

**Partnering you in your child's
Cyber Wellness Development**

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Home of Thoughtful Leaders

Serve with Honour, Lead with Humility

Brief Update by Principal, Mdm Cheng Mun Yi, Mandy

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What are the implications of the Mobile Guardian(MG) incidents, and its subsequent removal from students' personal learning devices?

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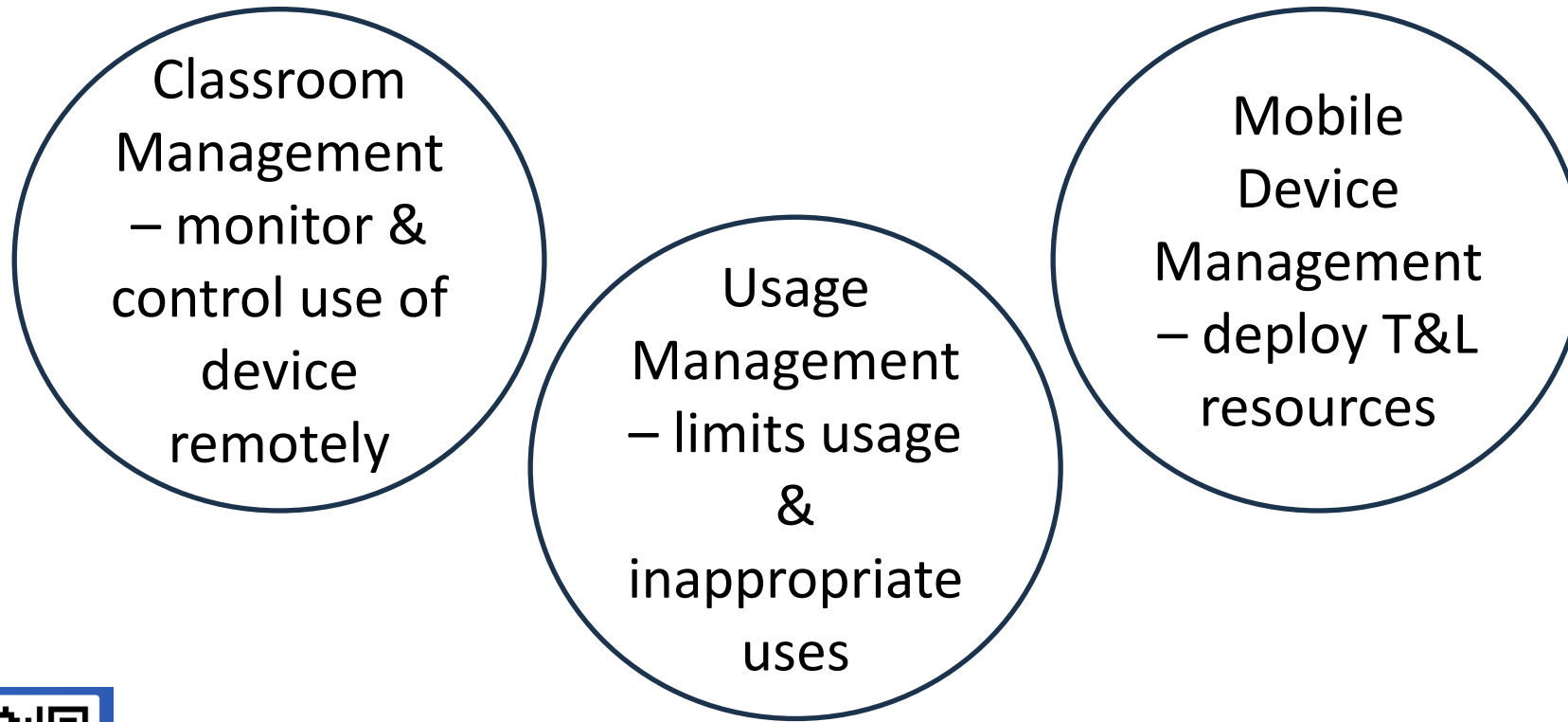
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What is Mobile Guardian?

A Device Management Application (DMA) was to support the use of students' personal learning device (PLD) in the classroom and to safeguard students' cyber wellness.



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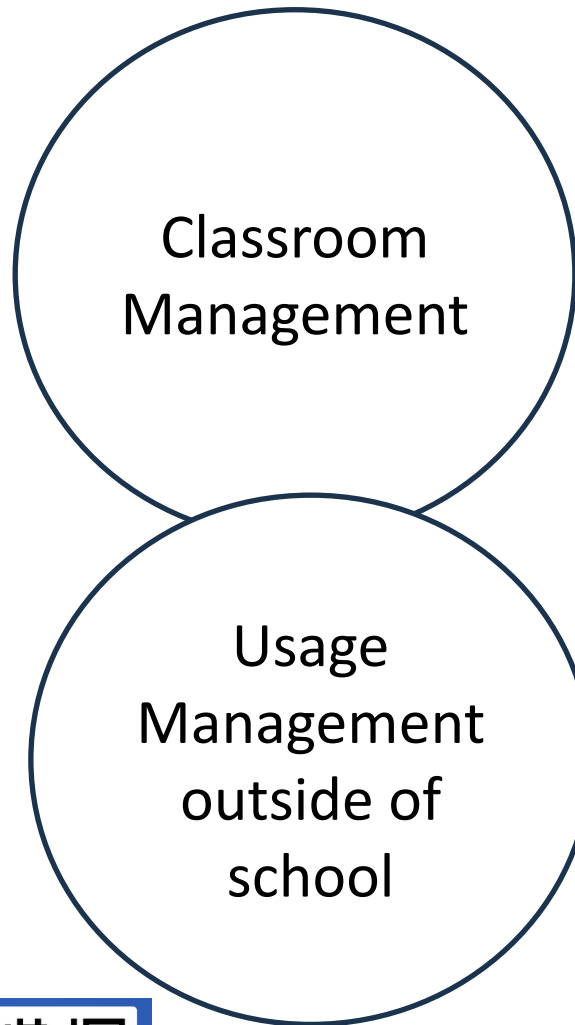
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What are the foreseeable implications with its removal?



- Lack of content control – access / exposure to inappropriate content
- Installation of unauthorised apps
- Limitation in managing usage, resulting in excessive screen time and affecting the well-being of students
- Reduced centralised support in terms of software and security updates

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What can we expect in the near future?

- MOE is currently investigating the incidents to better understand the necessary measures to put in place.
- Schools will have to wait for MOE to provide a new device management application (DMA).
- MOE will be providing the necessary information in due time.

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We hear your concerns...

Lack of Self-Discipline: Your child may not be self-disciplined enough to use his/her devices responsibly without the restrictions previously in place. The newfound freedom is too great a temptation.

Distraction to Learning: Your child can download apps such as games, social media and streaming services that distract them from learning.

Excessive Use of Device: Issues of cyber/device addiction. Your child may not get enough sleep, thus affecting his/her focus and well-being.

Access to Inappropriate Content: Your child may be accessing inappropriate websites and be exposed to undesirable materials.

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**But let's acknowledge too that these concerns
are not new...**

**They have existed with/without a DMA as long as
our children have access to a mobile device
(e.g. personal smartphone or laptop).**

**Raising children in a digital world requires all
round support from schools and the home front.**

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**So what can the school do together with
our parents to support our students/children?**

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Reinforce our **B.I.G.** Principles for EdTech

- Adopt a **Balanced** approach.
- Be **Intentional** to use tech for learning.
- Use tech for **Good** purposes.

B.I.G. principles communicated to all students on healthy cyber habits since start of the year. Emphasise student's self-directedness in managing device use.

We will explain in more detail how these principles are directly applicable for students' use of their learning devices in the light of the implications arising from the MG incident.

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What the school has done to support students since the incident

1. Subject teachers have reinstated past school-based notes (including from previous years) for students on Google Classroom.
2. Provided support to students emotionally affected.
3. Encouraged students to share personal notes with one another to aid the revision of those who have lost their documents.
4. Restored/reset affected students' personal learning devices.

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What the school has done to support students since the incident

5. Briefed students on school's expectations for self-management of device use, including reminders on routines and school rules.
6. Blocked certain categories of apps (e.g. Games) and websites on the school wifi network.
7. Efforts to step up education of students' digital literacy such as how to exercise personal agency to set up device use limits and how to back up their documents properly.

More details will be shared later in this session.

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How to help your child be more self-directed?

Establish Expectations & Routines and Provide Reminders & Support: Setting clear expectations at home, coupled with consistent routines and rules for device use. Regular reminders. Be patient.

Engage Your Child: Involving your child in conversations about responsible device use to instill a sense of ownership and help them to make the right decisions.

Help them to strengthen skills and dispositions: Self-regulation, time management, digital literacy.

Partner the School: Reach out to us (Form Teacher/HOD ICT/School Leaders) if you need advice/help. We will work together to help your child.

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Thank You

And now for the sharing by
Subject Head/Student Well Being
& ICT,
Mr Christopher Lim

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MR LIM'S SEGMENT

THE SCHOOL'S APPROACH

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Balance

Students should demonstrate the ability to balance time spent on their devices and other needs and responsibilities in life.



Intentional

Students should engage with technology purposefully with clear intentions and objectives for using the device.

Good

Students should use technology for the purpose of betterment of self or others.



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Make B.I.G. Decisions

Balanced

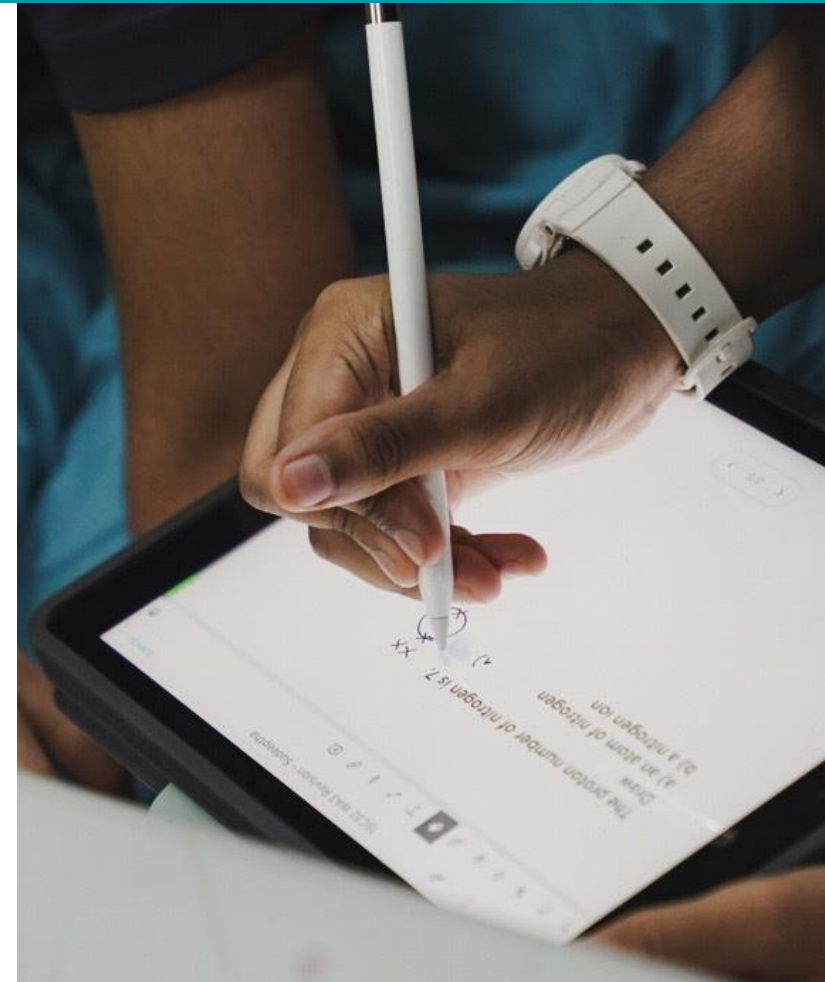
- Use your devices only when necessary.
- Engage in both online and offline activities.

Intentional

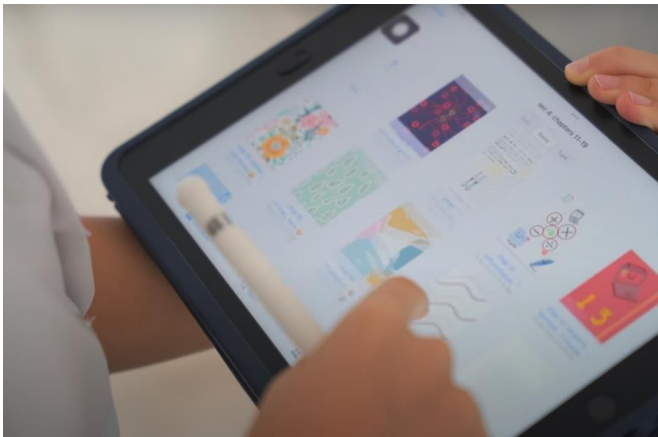
- Use your PLD for the purpose of learning.
- Avoid distractions that can adversely affect your learning.

Good

- Honour Yourself and Others
- Do what is right even when nobody is watching
- Seek Personal Growth.

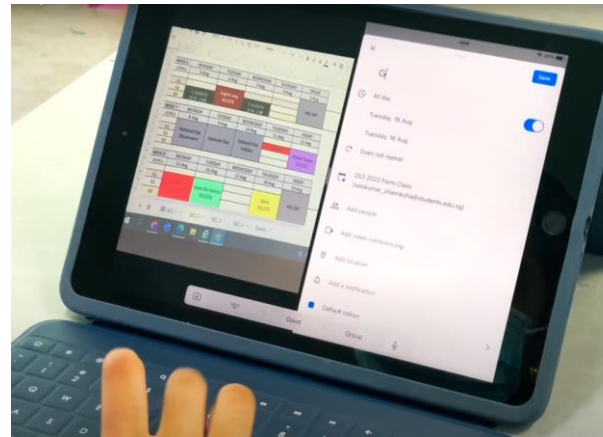


for a positive learning environment



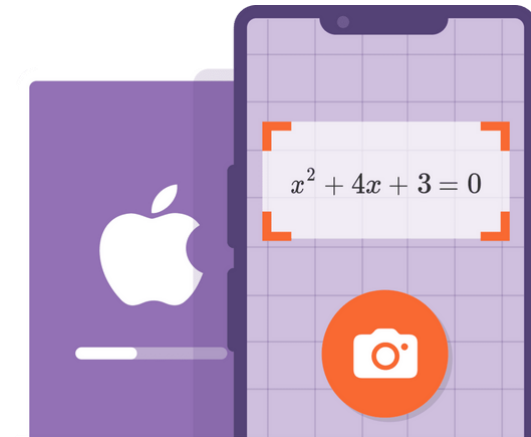
Sharing with others

Students have been sharing technical solutions as well as their personal notes and materials with peers who have lost theirs and help others to catch up.



Exercising Self-Management

Students are aware of the need to take charge of their own learning and put in place personal boundaries to manage their device use. (e.g. still adhering to Sleep Hours)



Seeking personal growth

Rather than installing games, some students have installed their own apps which they previously could not do so, to help themselves be more effective and efficient in learning.



WHAT SOME HAVE CHOSEN

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Make B.I.G. Decisions



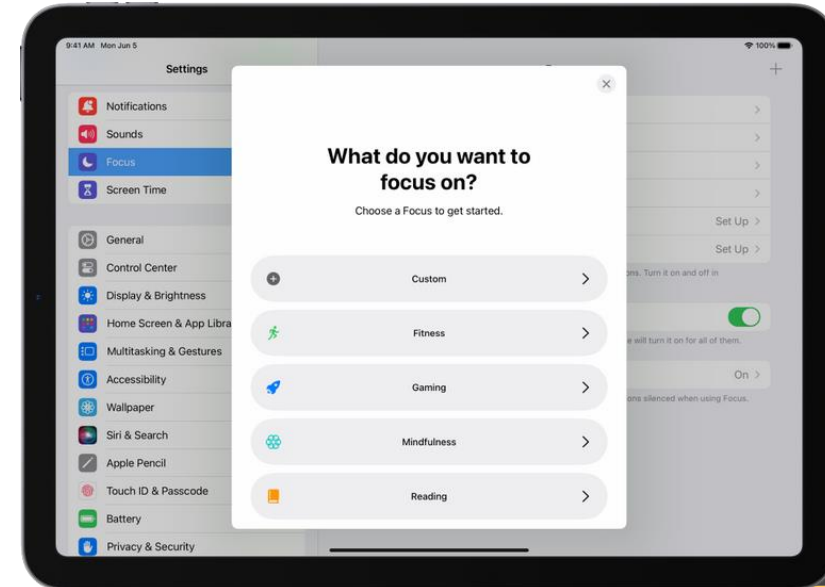
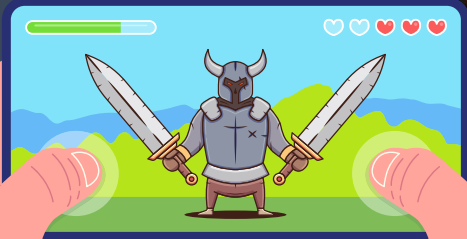
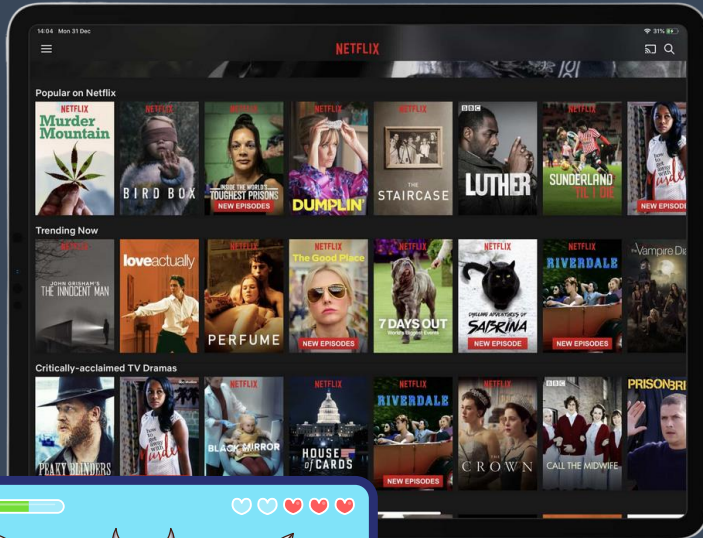
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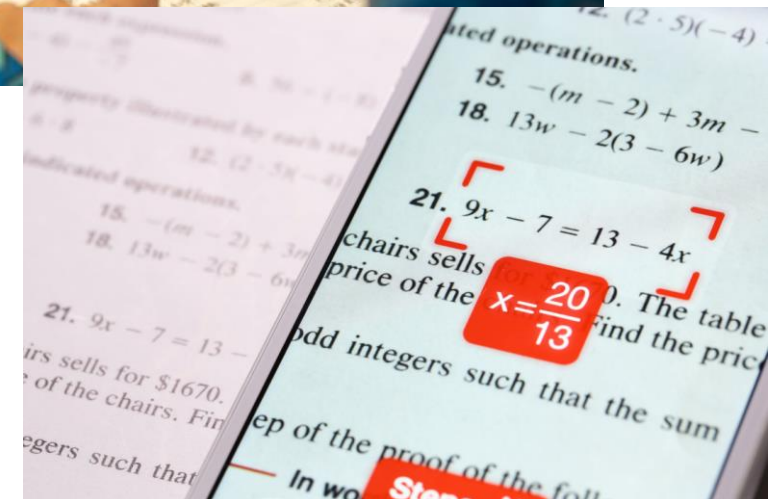
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School Expectations



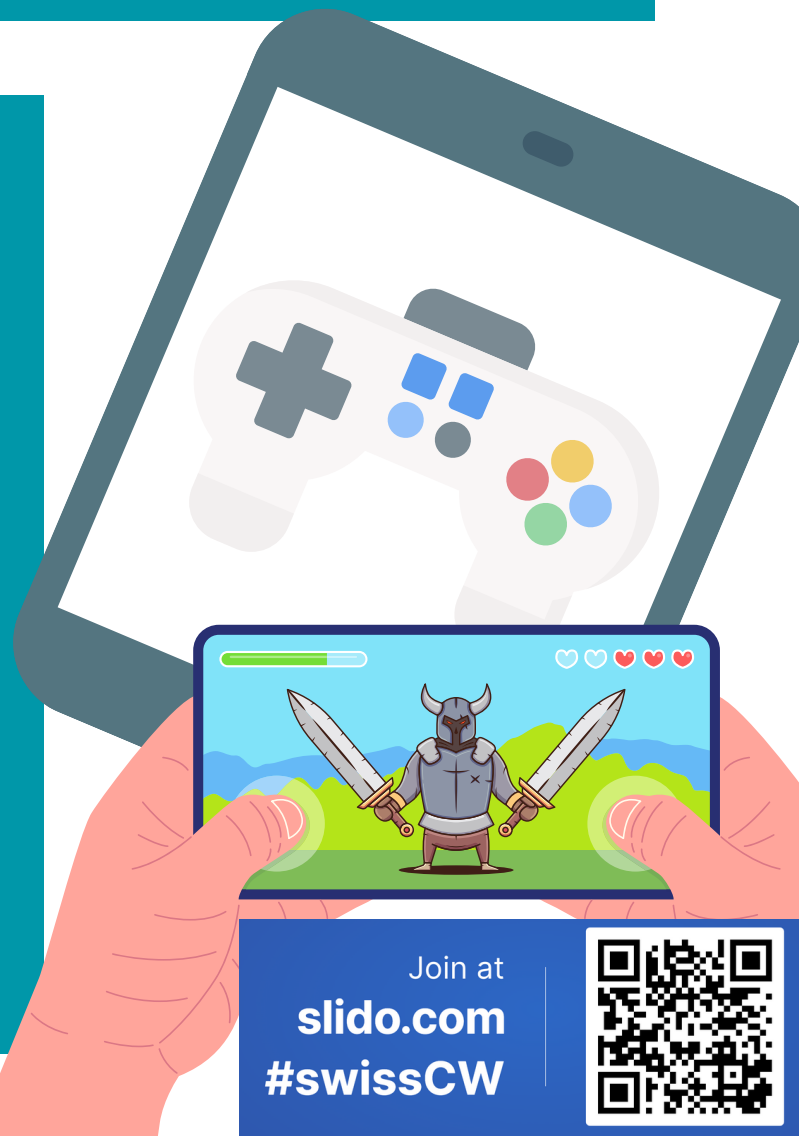
HEALTHY CYBER USE HABITS

Gaming can be potentially **highly addictive** and may cause students to neglect their family, friends and especially their academic progress and character development.

Gaming is strictly not allowed in the school premises at all times.

Games should not be installed on your device.

Student Guidebook Pg. 60



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TIPS AND HANDLES

For Parents

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PARENT KIT

RAISING A DIGITALLY SMART CHILD

- Appropriate Device Use
- Managing Overreliance of Devices
- Handling Cyber Bullying
- Showing Cyber Kindness
- Discerning Real News from Fake News

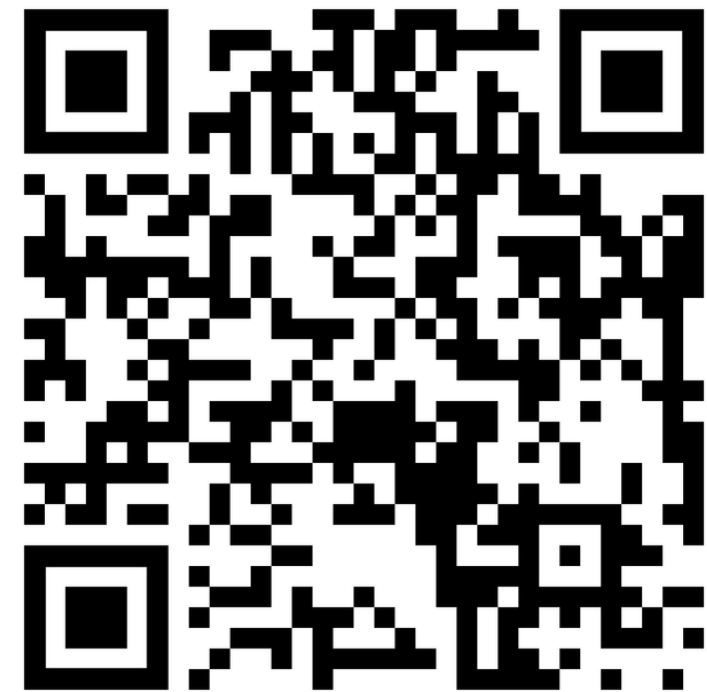
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Apple Parental Controls



- **Video guides** for parents to follow whether you have a personal Apple Device or not.
- **Step-by-step instructions** to use **Screen Time** and **Family Sharing** to manage your child's device. Refer to <https://go.gov.sg/ipadguide> for guidance.



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Family Sharing

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Screen Time and Family Sharing – Points to Note



- Family Sharing does not permit the use of the school-issued Managed Apple ID (MAID).
- Only a personal Apple ID can work with Family Sharing.
- Screen Time can work with the MAID.
- The setup of Screen Time has to be done manually on the child/ward's iPad. Remote setup using the parent's iPad is not possible.
- Highly recommended to set a Screen Time passcode (known only to parents) after it is set up to prevent unauthorised access to the Screen Time settings.
- MAID comes with free 200GB of iCloud storage. Personal Apple ID comes with 5GB of free iCloud storage. For additional storage, please purchase iCloud storage at own cost.

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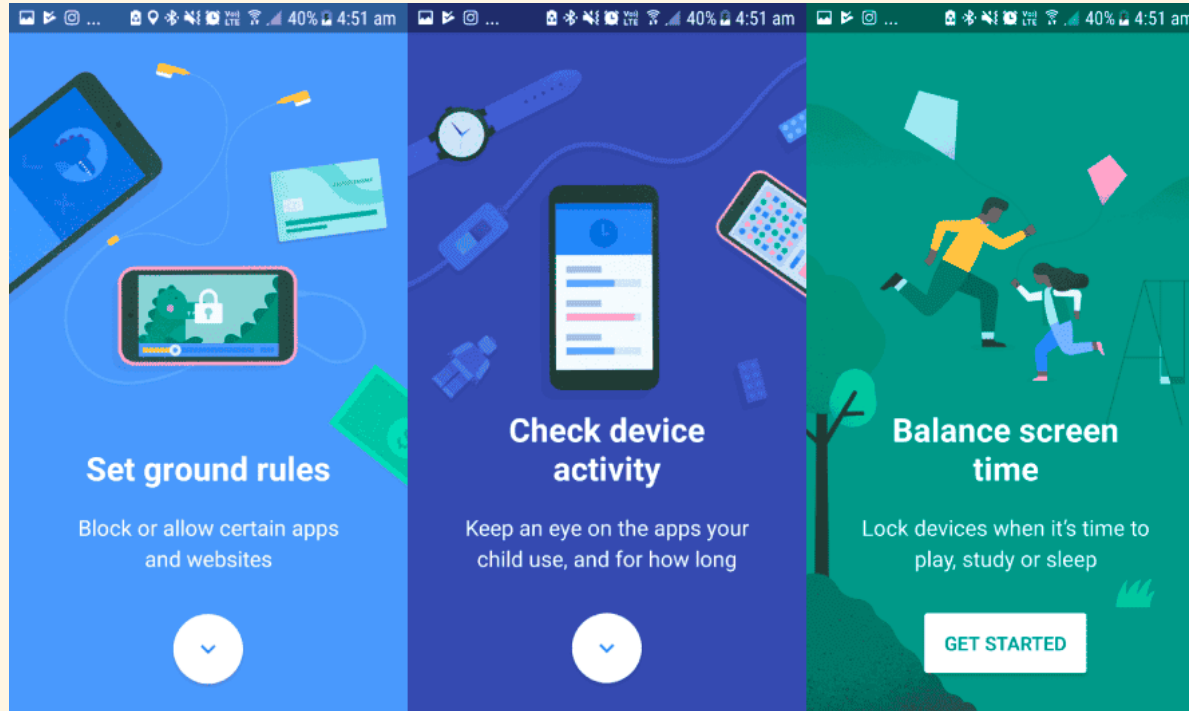


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Google Family Link



- Android and iOS Compatible
- Free
- Easy to use
- Highly Customisable

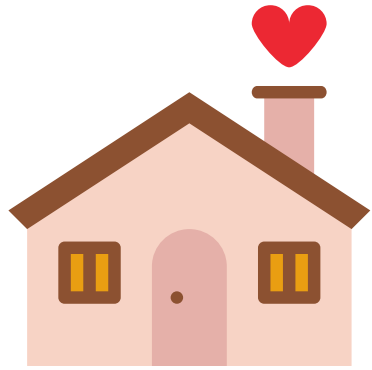


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GIVING SUPPORT AT HOME

Preparing students to to learn at
home with their devices

ROLE-MODEL

REGULATE

be **R**EALISTIC

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ROLE-MODEL

Our children observe what we do and rely on us to set an example.

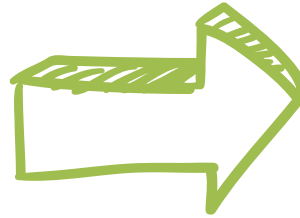


Steps you can take at home:

1

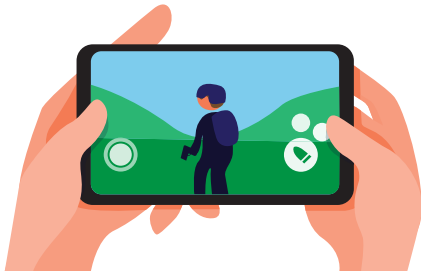


Designate certain activities or times of day where devices should not be used (e.g. while having meals, waiting for food)

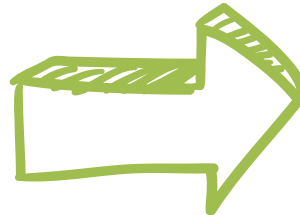


Engage them in conversation and help develop conversational skills.

2



Reduce time spent on devices for entertainment and leisure.



Replace with physical activities or family outings.

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REGULATE

Our children need help to set limits and to regulate their impulses.

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1

Set limits on device usage.

(Recommended: 2 hours per day of screen time)

E.g.

- Time limits for entertainment
- Putting away device after a task is completed
- Balance with Offline Activities and ensure sufficient sleep.

2

Create systems and routines to help avoid temptation.

E.g.

- Charging devices in the living room at night.
- Setting devices aside during meals or study times (especially home-based learning).
- Devices placed in specific ways when studying (e.g. flat on the table)



MINISTRY OF HEALTH GUIDANCE

1. LIMIT RECREATIONAL **SCREEN TIME TO 2 HOURS**
2. BE **PHYSICALLY ACTIVE** (60 MINS DAILY).
LIMIT SEDENTARY BEHAVIOUR
3. ENSURE **ADEQUATE SLEEP** (8-9 HOURS)



Summary of research-based advised from MOH.

Source: [https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/educational-resources/annex---evidence-review-of-screen-use-in-childhood-\(1\).pdf](https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/educational-resources/annex---evidence-review-of-screen-use-in-childhood-(1).pdf)

be **REALISTIC**

Development of habits takes time and needs to be progressive.

1 Set Progressive Goals

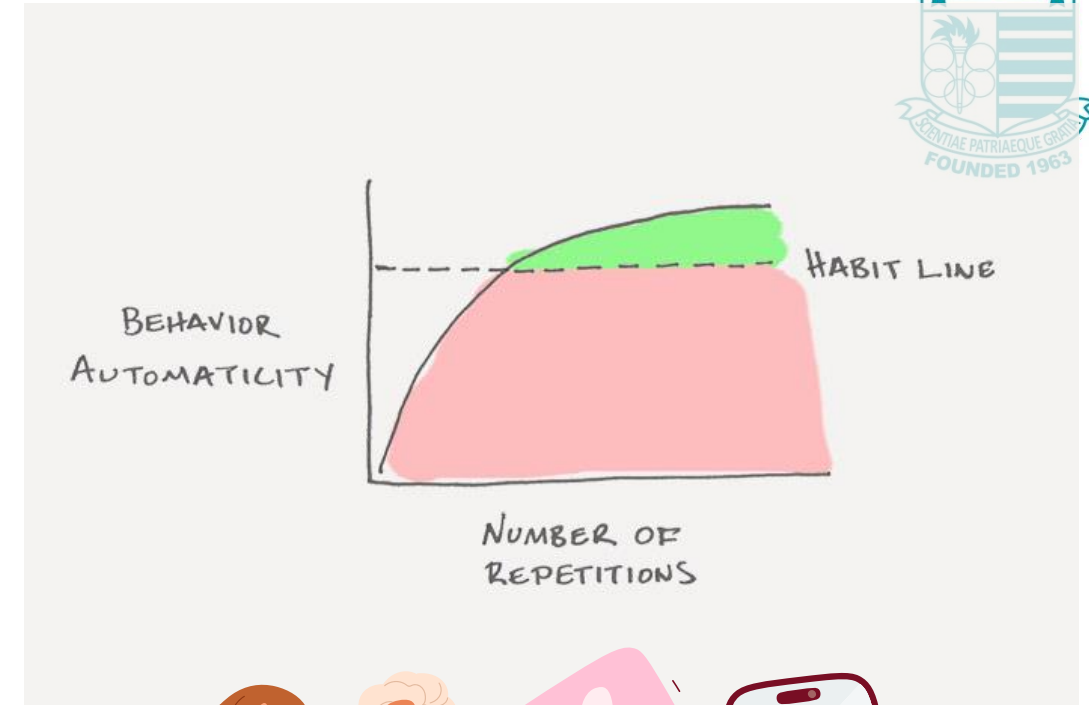
e.g.

- Reduce screen time by minutes each day working up to longer periods.
- Put devices away once a week, to twice a week up to it becomes daily habit

2 Consistent Reinforcement

Most intervention efforts only work if enforced consistently.

Work collaboratively with family members and care-givers to echo a common message.



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Observing school **R**OUTINES

Self-Directed
Learning
Periods

Responsible use
of Personal
Learning Device

Greetings
before &
after

Cleaning up
venue after use

STARS

★★★★★★★★★★★★★★★★

What **R**OUTINES should I know?

A

ttire &

a

ppearance

B

OOKS & MATERIALS

C

LEANLINESS

D

EVICE

Ready

F

OCUS

Ready

E

cosystem

Ready



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Good Practices shared by Parents

Thank you for sharing.
Let's continue to encourage
one another as we support
our children together.

1. Communication and Education

Swiss Parents share

- a) **Open Conversations:** Always have an open conversation about screen time and the things my child views on her devices. Acknowledge her need to use the devices and implement responsibility on her part.
- b) **Talk to Them:** Regularly talk to them about device usage.
- c) **Lead by Example:** Guide them by sharing good practices and doing activities together instead of using devices.
- d) **Explain Consequences:** Explain and reason the necessity of control and the harm of excessive screen time.
- e) **Educate on Risks:** Educate children about digital addiction, internet dangers, and time management.



Sec 2 Mother: Mdm J (2 children)

1. Discuss and agree on rules and consequences
 - provides child with autonomy and parents stronger authority to enforce consequences
 - agree on usage limits, types of games & content
 - set no device time/zone (e.g. mealtime, bedroom)
 - working with devices in living room

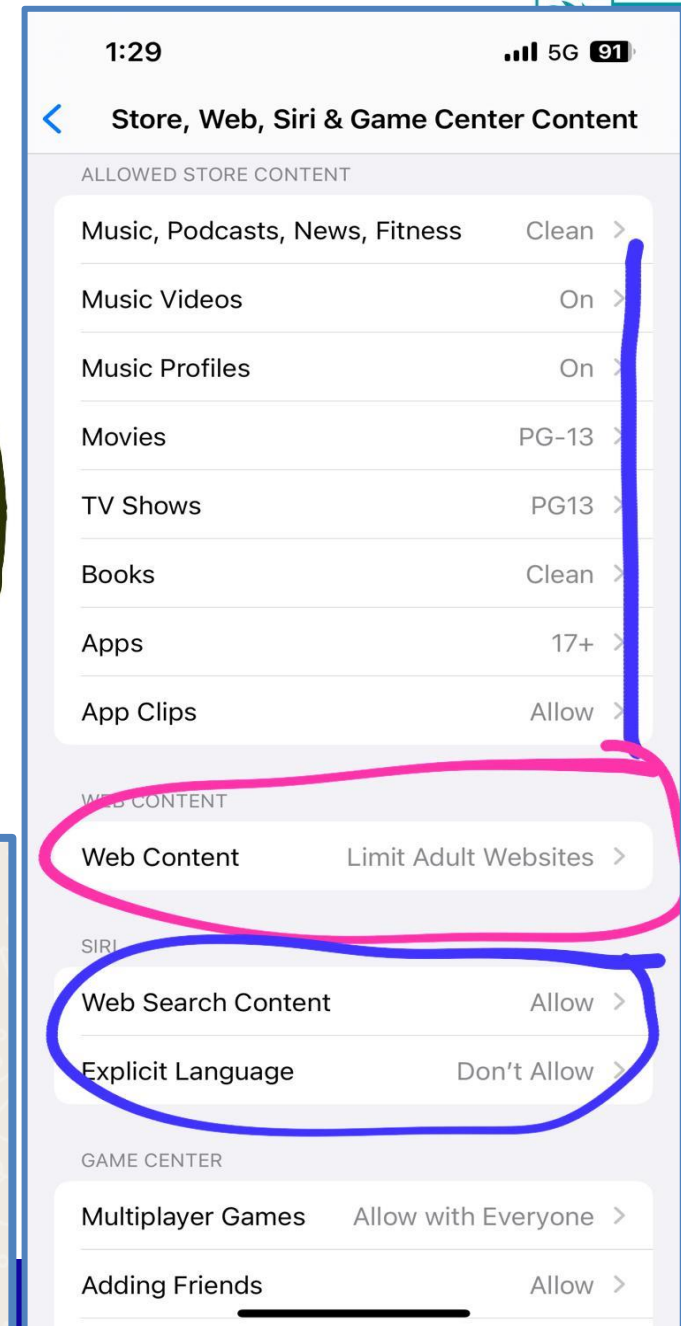


2. Parental Control in app
 - set limits
 - **disable incognito mode**

Hi June, in case some parents ask abt blocking mature content... the steps to block incognito will also restrict the mature content (Web Content). Might not b 100%, similar like spam filtering.

Important to set Restriction password unknown to kids too.

1:34 pm



Sec 2 Mother: Mdm J (2 children)

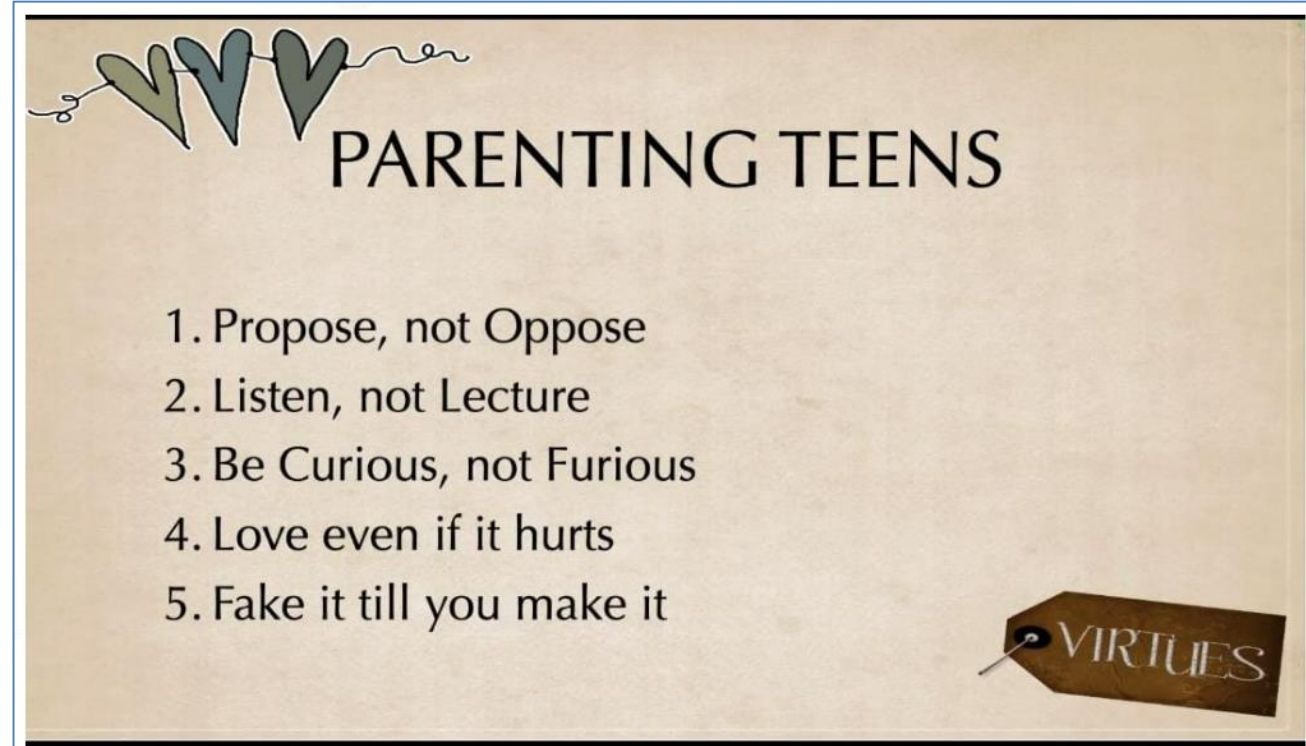


3. Minimise distractions

- handphone out of reach when studying
- turn off notification
- no earpiece for music
(gave them small speakers instead)

4. Others

- self monitor top 3 app usage
- use timer/dashboard on mobile to self regulate



Sec 1 FATHER: MR P (2 children)

Honestly, Technology is here to stay. And I noticed that

- kids themselves also want to do better but lack the skills to self control. So, we as parents need to equip them the skills to be future ready.
- kids turn to devices due to boredom. See how many ppl are scrolling hp while on the train or in public. Hence, try to engage them such as outdoor activities or family events.

(A sentiment echoed by many parents we spoke to.)

5:03 [

- * Handphone for children is A Privilege Not Entitlement.
- * Handphone is for Communication Not Entertainment.





Raising a Digitally Smart Child






Share your concerns with your child and reach a common understanding on:

- the **time they should turn off** their laptops/phones
- when **device usage should be paused**, such as during mealtimes and family activities
- when and how often they should **take breaks from the screen**, or get up to move about
- **what they can do online**, such as seeking out online entertainment and learning, accessing news, staying connected with peers
- **what they should avoid**, such as chatting with strangers, sharing personal details (home address, phone number), excessive sharing of pictures/videos of themselves



Raising a Digitally Smart Child

Speak to your child to understand more about their behaviour, and share your concerns with them. Here are some tips on how to steer the conversation:

-  Identify specific behaviours (e.g. thinking about an online activity even when offline or lying to conceal the amount of time spent online) and discuss realistic durations for your child's screen time.
-  Encourage your child to participate in outdoor activities instead of imposing a ban on device usage. Help them achieve it by scheduling these activities and doing it together with them.
-  Manage your expectations. It's tough to alter habits overnight – give your child time to adjust their digital habits. Acknowledge and show appreciation when you see them putting in effort to change their habits.

Good Practices shared by Parents

Thank you for sharing.
Let's continue to encourage
one another as we support
our children together.

Character

Excellence

VALUING THE
NATION AND
THE WORLD

HONOURING THE NATION
AND THE WORLD

HONOURING
SELF

APPRECIATING OTHERS

SEEKING PERSONAL
GROWTH



POPULAR QUESTION

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How can the school restrict students from using iPads for non-educational purposes, especially during self-directed learning periods?

The school has blocked access to certain websites and categories of apps (GAMES) on the school's WiFi network. However, this method is not exhaustive and foolproof.

POPULAR QUESTION

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How can the school ensure that students' notes are backed up regularly and prevent loss from happening?

What are the steps undertaken to avoid students losing their notes?

The school is looking into how we can do backups at regular intervals (e.g. at the end of each semester) to ensure that all students are logging into their Managed Apple IDs [e.g. name123d@swisscottagesecmoeedusg.appleid.com] and enabling the Backup feature.

The school will continue to remind them about the importance of remained logged in when prompted and progressively build the habit of backing up their work.

THANK
.. YOU
😊

Our Partners in Education



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