



Haines School Parent Advisory Council (PAC)



Establishing Boundaries with Screentime: School, Work, and Home

(講員嘉賓 presented by Project Vision Inc.)

Date / 日期: March, 05 2021 (Friday) 3月5日(星期五)

Virtual Meeting Link / 在線會議鏈接: meet.google.com/usx-zyyr-ucf

Time / 時間: 8:00 A.M. 早上八點正

Please join us to learn more about:

- *Impact of screentime on physical, social, and emotional health and development of children
- *Recognize the symptoms of vision problems related to screentime
- *How to create a balanced home plan to limit screentime

家長會：在學校/工作和家庭中
如何有效地控制屏幕時間和設定界限



- *屏幕時間對兒童的身體，社交和情感健康以及成長的影響
- *識別與屏幕時時間有關的視力問題的症狀
- *如何創建平衡的家庭計劃以設定屏幕時間界限

(ESEA Title 1 Part A Funds were used to support this activity)