

New Farm State School

Bring Your Own Device Program



Information Booklet **2021 BYO** iPad Program – Year 4 and 5

1. eLearning Vision:

At New Farm State School, eLearning is used to support new ways of collaborating and communicating. We aim to empower both students and teachers to transform teaching and learning, and prepare our students to be creative and critical thinkers within a local and global community. Through eLearning we aim to utilise authentic learning challenges with practical opportunities to foster curiosity, confidence, persistence, innovation, respect and cooperation.

Our eLearning vision includes:

- A teaching pedagogy based on differentiated pathways for each student.
 Teachers guide, support and facilitate students in their learning. Teachers also encourage students to demonstrate accountability for their learning through discussions of their learning goals and achievements;
- A focus on collaboration, goal setting and feedback;
- A focus on using Information Communications Technology (ICT) to enhance and enable the learning process where it is most appropriate;
- Rigorous, on-going student assessment based on demonstrated consistent learning achievements in a variety of settings and over time;
- High standards in literacy and numeracy across all learning areas;
- Students who value learning and are engaged in a global community;
- Strong links between home, school and the wider community.

eLearning Rationale:

New Farm State School is committed to investigating and implementing models of BYO. From the research and reports of successful models of BYO 1-1 programs in schools, we have found that such programs, when implemented effectively, have the potential to:

- Enable **personalisation of student learning** through access to rich learning resources;
- Facilitate the development of knowledge and skills necessary for the 21st century workforce, including digital age literacy, innovative and critical thinking, effective communication and high productivity;
- Allow continuous access to educational materials allowing learning efficiency to happen anywhere, anytime;
- Provide an engaging, interactive environment for learning; and,
- Strengthen links between home and school, giving parents the opportunity to see, every day, what their child is learning at school and have relevant, timely, accurate and quality conversations around student learning and progress;
- Allow students the opportunity to **display prior knowledge of topi**cs and thus be co-constructive in their **own learning journey**.

At New Farm State School, students currently have access to a range of digital devices to support their learning, including many iPads and laptops that are shared across the school. The iPads have proven to be a very useful tool to support student learning. The School and P&C have, to date, committed more than \$90,000 to support the implementation of iPads throughout the school therefore iPads will be the only platform allowed in the New Farm State School BYO iPad Program.

2. Implementation:

2.1 Allowed Device/s

The only device allowed in our New Farm State School's BYO program is the <u>iPad</u>. Advantages of the iPad, allowing us to meet the aims of the program, include the functionality to:

- Access knowledge and information through the plethora of content and creation apps to support student learning;
- Access to a wealth of information on the Internet when they need it through wireless connectivity;
- Access to rich media including digital stories, images and video;
- Increased productivity through quick loading of apps and quick response of the iPad;
- The operating system of the iPad is very reliable, ensuring maximum up-time;
- Provides simple yet sophisticated text, audio and video-based communication facilities for collaboration with peers, teachers and experts in a local, national or global context;
- Ability to personalise learning and provide work targeted at the correct level for students;
- High student engagement both independent and collaborative.

2.2 Year Levels

In 2021, Year 4 and 5 students will be involved in the BYO program. All students in these year levels will be given the opportunity to voluntarily bring along an iPad to support and enable their learning. Teachers in other year levels may allow personal devices as a form of differentiation, depending on need.

2.3 Minimum Device Requirements

New Farm State School understands that every one of our families is different and that their financial access to a set device may differ. Therefore, we allow students to use an iPad that can utilise the latest operating system (iPadOS 14) and support the installation of

the most recent applications. All devices brought to school **must** be subject to the web filtering of our internet system, therefore we **do not** accept cellular models with sim cards.

Device Name	Wi-Fi Model	Cellular (4G) Model	Please note that if
iPad 1st – 4 th	NO	NO	buying a brand-new
Generation			iPad for Year 4 – the
iPad Mini	NO	NO	optimum model is
iPad Air 1	NO	NO	the iPad 10.2 inch
iPad Air 2, 3 and 4	YES	Yes – No SIM card	(8th Generation),
iPad (5 th and 6 th	YES	Yes – No SIM card	128GB
Generation			Purchase of this
iPad 10.2 inch (7 th	YES	Yes – No SIM card	device ensures that
and 8 th Generation			the life of the device
iPad Pro (All models)	YES	Yes - No SIM card	will endure over the
			3 years of Primary
			school.

All storage versions are supported in the BYO iPad program. Keep in mind that any personal applications and content placed on the device may interfere with the storage requirements for school use as the full amount of storage may be required.

2.4 Equity and Access

New Farm State School understands that the BYO Program may be a financial burden on some families. As part of its responsibilities, the school will have some school devices available which will provide students access to the technology; however, these devices will be shared with other students and will not be permitted to go home with students.

2.5 Technical Support

As part of the New Farm State School BYO program, we offer a limited technical support program that assists with:

- Setting up devices in the first week that iPad use commences;
- Connecting to the school's network and internet;

• Air print functionality at school;

Additionally, New Farm State School will provide Parent support sessions, for questions and discussion, throughout the year. Due to the device being owned by the family, all other technical support and warranty issues will need to be sourced by the student's family from an external source.

2.6 Accidental Theft and Damage

All devices are monitored by teachers at school and rules are in place to prevent foreseeable problems and damage however, from time to time, accidents may occur. If damage is caused by deliberate or careless actions of a student (owner or others), the costs of repair will be passed onto those involved and necessary behaviour consequences may apply. The decision around the responsibility for repair costs is at the discretion of the Principal.

2.7 Web Filtering

The internet has become a powerful tool for teaching and learning; however, students need to be careful and vigilant regarding some web content. At all times, whilst using ICT facilities and devices, students will be required to act in accordance with the requirements of the Student Code of Conduct and the BYOD iPad Terms of Use and Participation Agreement. To help protect students (and staff) from malicious web activity and inappropriate websites, the school operates within the Education Queensland's Managed Internet Environment. Any device connected to the internet through the school network will have the appropriate levels of filtering applied.

3. Policies and Procedures:

3.1 Access to our Internet and Network

All students in the BYO Program are expected to adhere to the guidelines within the Student Participation Agreement.

3.2 Student and Parent Responsibilities

Students and their families have a range of responsibilities related to appropriate behaviour when using technology.

Students and their parents should:

- Understand the responsibility and behaviour requirements (as outlined by the school) that come with accessing the school's ICT network facilities and ensure they have the skills to report and discontinue access to harmful information if presented via the internet or email;
- Be aware that the ICT facilities should be utilised with good behaviour as stipulated under the Responsible Behaviour Plan for Students and that appropriate action by the school will be taken as a consequence. This may include restricted network access for a period as deemed appropriate by the school;
- Be aware that the Internet gives access to information on and from a wide variety of organisations, subjects, people, places with origins from around the world; the school cannot control information accessed through the internet when the device is outside of the school; and information may be accidentally displayed which could be illegal, dangerous or offensive, with or without the student's immediate knowledge;
- Understand that teachers will always exercise their duty of care, but protection, mitigation and discontinued access to harmful information requires responsible use by the student

3.3 Acceptable Use by a Student

It is acceptable for students to use school technology and network infrastructure for:

- assigned class work and assignments set by teachers
- developing literacy, communication and information skills
- authoring text, artwork, audio and visual material for publication on the intranet or internet
- educational purposes as supervised and approved by the school
- conducting research for school activities and projects
- communicating with other students, teachers, parents or experts in relation to schoolwork
- access to online references such as dictionaries, encyclopaedias, etc.
- collaborating, researching and learning through online environments

3.4 What is unacceptable/inappropriate use/behaviour by a student?

It is unacceptable for students to:

- download, distribute or publish offensive messages or pictures
- use obscene or abusive language to harass, insult or attack others
- deliberatively waste printing and Internet resources
- damage computers, printers or the network equipment
- violate copyright laws which includes plagiarism
- use unsupervised internet chat; and use online email services, send chain letters or Spam email
- trespass in another person's files, home drive or email
- use another student's or staff member's username and password to access the school's network
- divulge personal information via the internet or email

3.5 Consequences of unacceptable/inappropriate use/behaviour by a student

As with any inappropriate or unacceptable behaviour at New Farm State School, the Student Code of Conduct stipulates the guidelines for action following such behaviour.

3.5 Necessary Apps

Each privately owned iPad in the BYO program will require necessary apps to be installed at the cost of the parent. The cost of paid apps will be kept to approximately \$30-\$40 for the beginning of the year in Year 4. We would recommend buying an iTunes card when on special which can save you up to 20%. We also advise the use of <u>Apple's Family Sharing</u> to ensure that apps need only be purchased once for a whole family's use.

3.6 Use of Email

While at New Farm State School, students have access to a Department of Education and Employment email account, which they can access from home and school for the purposes of learning. This Managed Internet Service email traffic is monitored for inappropriate use, content and language.

BYO iPad Program FAQs:

1. Learning/ Outcomes Questions:

Why was Year 4 selected for the pilot program in 2020?

We chose to pilot the iPad program with Year 4 for two reasons - the first being that these students will benefit from 2.5 years of the iPad program as it rolls out across the school from 2020 but also because the Year 4 teachers were very passionate about expanding their digital pedagogy, knowledge and practices. The pilot program ensures that our network and current infrastructure is able to cope with the increased demand as the program evolved.

What will the Classroom Look Like?

Initially the students will be learning more about the iPad operating system:

- Using a range of apps
- Accessing the wireless network
- Managing their work saving and storing
- Collaborating with others
- · Creating and publishing their learning

They will also be learning about responsible care and use:

• Caring for the iPad and ensuring it is charged and ready to use each day

Accessing the internet and apps in a responsible and timely manner

We see the classroom as a blended environment. 1 to 1 access to technology will enable students and teachers to choose from a wider variety of tools at any given time. Together decisions will be made about the most effective way that students can craft their work and create, showcase and share their learning with others. At different times this will include the use of books and pencils, posters and keynote presentations and iMovie opportunities – other tools we will discover together.

Our classrooms will be more connected to students' lives and the digital world in which we live. Learning will become more student driven and personalised. 1 to 1 will give teachers the opportunity to plan experiences for their students to apply and broaden the skills and knowledge they have developed in the early years of primary school. Students will have at their fingertips access to one of the most effective tools to bring the real world into the classroom.

Will students in iPad classes continue to have access to computers and other technologies?

Yes, as a school we have an obligation that students are exposed to a variety of technologies and not just iPads.

Will homework need to be completed on the iPad?

There may be elements of online activities and elements of written (sheet) work. This will depend on the learning activity and if the iPad is the best tool needed to complete the work. This will be up to the teacher's discretion, but there will be consistency across the year levels in the approach.

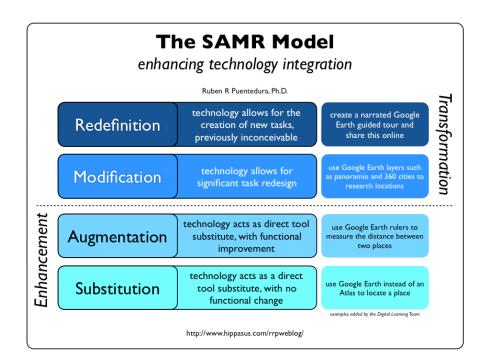
This is new technology. Do our teachers know how to incorporate iPads into teaching the curriculum so that they are used effectively?

Staff at New Farm SS have been using and integrating a range of technologies for many years to improve their knowledge and skills, pedagogy, differentiation and deep content connections. The staff will continue to be supported through our Professional Learning

Community, ongoing Professional Development and sharing of best practice and latest research.

How much of the day will the iPads be used? Will the students still be using pencil and paper as well as handwriting?

An iPad will be used in class when a teacher gives instructions for its use. Using technology will not be done for the sake of it, it will be accessed when it is thought to be the best tool for the situation. There will be some lessons/blocks of the day or even whole days when technology is not needed, or not thought to have any benefit for the learning that is going on. Alternatively, there will be some days, where using technology may happen in every lesson. There will not be a fixed amount of time for using technology, it is a tool that students shall have with them in the classroom to use when it is appropriate. We still see a need for students to use pencil and paper and to practise handwriting. The staff at New Farm are influenced by the SAMR model (see below) to develop teaching and learning experiences for students that are authentic, meaningful and match the skills needed to live in the 21st century.



2. Financial Questions:

Purchase Cost Questions:

Will I be expected to purchase a new iPad and do I have to purchase from a particular store?

No, you can choose to use an iPad that you already own or purchase a new or used iPad. You may visit any store of your choice to make purchases. The iPad will need to meet the minimum specifications outlined in this document in order to support the apps your child will be using at school.

Can I buy a second-hand iPad? What do I need to be aware of?

Yes. Every iPad has a serial number and with this number, Apple track the date and place of purchase, length of any remaining warranty and whether it has been reported as stolen. Before buying a used iPad, it may be worthwhile noting the serial number and contacting Apple Care.

Ongoing Cost Questions.

What will the longevity of the iPad be – when will the school change their specs/ when will I need to replace this technology?

Generally, an iPad has a life span of 3-4 years before needing to be replaced or upgraded. Although, when treated well, the device will continue to operate well past this timeframe.

3. <u>Technical Questions:</u>

Why only iPads and no other mobile devices or laptops?

In a primary school context, having all children in the classroom using the same technology will ensure class-time is used productively, and provide the best learning outcomes for each child. Using one type of device will also allow us to provide a better level of technical support for both parents and students. After investigating the options available on the market, we found that the iPad best suited our teaching and learning needs.

Will the iPads be managed at home or at school e.g. loading apps, updating the device?

Parents and students will be responsible for overall maintenance of the device at home, but technical support is available from school if the need arises.

Will my child need a Bluetooth/iPad cabled keyboard?

This will be at the discretion of the parents. The onscreen keyboard is suitable but also reduces the 'screen size real estate' at the same time. Please speak with your child's teacher if you have any questions about this.

Can my child bring a 4G enabled iPad without the SIM?

Yes. The reason why we do not want external controlled internet access is that by students going through our school wireless, they are also going through Education Queensland's Internet web filters, helping protect our students from accessing inappropriate content.

Who is responsible for charging the device?

Students will need to bring the iPad to school fully-charged each day.

Our family doesn't use Apple products at home. Can my child access versions of the apps and other platforms from other devices in our home?

Some apps may be available on other platforms (e.g. Android) but this is whether the app developer makes this available. The apps we recommend will be ones that will be used on the iPad app platform.

I can't remember the passcode that is set on the iPad and it is locked. How do I unlock it?

Follow this link.

4. Student and Family Wellbeing Issues:

I feel like my children know more than me about the use of technology. What can you do to support us as parents?

Apple stores provide many face-to-face workshops to families. You are able to participate in these by following this link. Additionally, we plan on provided sessions for parents throughout the year.

How will you ensure that students are not accessing inappropriate material on the iPads?

All students are bound by the Student Code of Conduct and the ICT Access Agreement and Consent Form (including the third party and internet web services), which is signed during your child's enrolment at New Farm SS by their parent/guardian and is completed prior to the use of any device at school.

The department operates a best-practice web filtering system to protect schools from malicious web activity and inappropriate websites. The departments web filtering does not continue to operate when the device is at home connecting to your home wireless network. It is imperative that web filtering is no substitute for parental supervision when at home. While the department continually enhances its systems to ensure the safety of students and staff when using the school's network, departmental control is no substitute for the ongoing vigilance of parents and caregivers. For more information about Cyber Safety and 'Positive and Responsible Technology Use', click here.

I am concerned about my child's screen time. What will the school do to promote students' health and wellbeing and a balanced use of technology both at school and home?

New Farm SS is committed to the health, safety and wellbeing of students, staff and others involved in all curriculum activities at schools or other locations. It is important that staff, parents and students are aware of the possible risks to health of sitting in uncomfortable positions and staring at the iPad for prolonged periods of time.

Being aware of 'screen time limits' is about making sure our students enjoy lots of healthy, fun activities – both with and without screens. Such limits mean looking at the time your

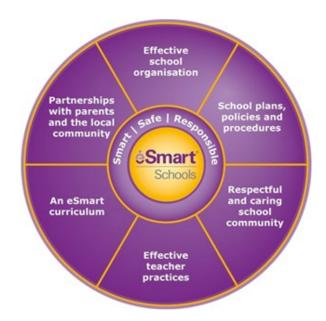
child spends on screens and making sure it doesn't get in the way of sleep and activities that are good for their development. Teachers will not be using them in every lesson nor the entire day; however, if they have been using the device for learning over a period time doing (at home or school), it is essential that students take regular breaks away from screens.

Other resources for managing 'Screen Time':

- Raising Children Network
- Parent.com (2015) <u>The American Academy Of Paediatrics Just Changed Their</u>
 Guidelines On Kids And Screen Time

Parents may choose to purchase the folio style iPad case as this allows the iPad to stand up on student's tables to provide correct posture for your child. As when working with pen and paper students are always encouraged to maintain correct posture when working. Due to the movability of the iPad students are able to hold and manage the device to suit their needs (e.g. shift hands – left/right, shift position, landscape, portrait, place on desk, stand, etc.). However, due to the nature of the iPad and how it will be used at school, students will not be sitting in the one position for long periods of time.

As the iPad program evolves over time, so will the need to explicitly teach our students about Digital Citizenship, Cybersafety and Cyber Bullying. Click on the links for more information about the eSmart Framework, Common Sense Media and CyberSmart. The school will also provide ongoing practical strategies and information/updates through our school newsletter and website. We have attached a sample of a 'Family Contract for Online Safety' that you may wish to use with your child/ren. You can find this at the end of this booklet. This can be a great resource to remind your child/ren of what they have agreed to. Put it in a spot where it is visible and can be easily referred to when needed.







Do you allow the use of iMessage on the personal iPads?

We strongly recommend that the use of iMessage is not allowed for Year 4 students at all. It is not needed as a learning tool, and we do not consider that these students are ready to interact in this online environment. Year 5 and 6 students also do not need iMessage as a learning tool and the use of this program during learning time will constitute a behavioural breach of our expectations.

What is your policy around taking photos on the iPads?

It is important to be aware that some students and staff members are not prepared to have their photograph taken and that permission must always be sought first. Without consent, photographs should not be taken of any students or staff members.

How will inappropriate behaviour on the iPad technology be managed?

The use of the iPad in school is always at the teacher's discretion. If the teacher has not asked students to use the iPad then it should left alone. If the teacher feels that you have not been using the iPad responsibly then they will ask you to put it away and may issue a consequence (in accordance with the Student Code of Conduct) which may include having

your iPad confiscated, a lunchtime detention or the school meeting with/contacting parents.

5. Theft/Loss/Damage Questions:

How will the risk of iPad damage be minimised?

There are several measures we are taking to minimise the risk of damage to the device.

- During the day, when not in use, the iPads will be stored in the classroom.
- The minimum purchasing specs include a protective case to minimise the risk of damage if the device is dropped/in school bags when being transported to and from school.
- Students will not be permitted to use iPads <u>in the pick-up zone</u> in the morning/afternoon.
- iPads must be stored in school bags when in transit to and from school.

How could the risk of my child losing their iPad at school or in transit be minimised?

Parents may choose to have the iPad engraved for identification/extra protection – please ensure this will not void the warranty. The latest operating system has "Find My" inbuilt and with this turned on, it is possible to find the whereabouts of the iPad when it is connected to the Internet. For more information from Apple if your iPad becomes lost or stolen, click here.

Should we purchase a case and cover for the iPad, and if so, which one should we buy?

Yes, we have included an iPad case as a recommendation in the specs that will minimise the risk of damage to the iPad. We suggest that the cover is one that 'closes' over the iPad with a front cover – keyboard preferable. We also recommend a waterproof cover, to protect the iPad in case of drink spillage in school bags.

Who is responsible for insuring the device?

Because the iPad will belong to the family, it will be the family's responsibility to insure the iPad if it is lost or damaged. It is recommended that families consider including the iPad in their home contents insurance. *Apple Care Plus* for iPad provides up to two years of expert telephone technical support and additional hardware coverage from Apple, including up to two incidents of accidental damage coverage, each subject to a service fee. This cover does not include lost or theft. More information about *Apple Care Plus* can be accessed at here.

What happens if the iPad is damaged or stolen by another child at school?

The school will take every possible measure to protect equipment, however, accidents do happen. Ultimately, the person responsible for the damage will also be responsible for the cost of repairs. If a teacher damages a device, the school will cover the cost of repairs. If another child damages/steals a device, their family will be responsible for the cost of repairs/replacement. We will do all we can to avoid any loss/damage to student devices and will work with families to resolve any issues.

6. Equity and Access Questions:

What will happen if there are students who do not bring along a device?

The school will offer shared school devices in the classroom. These devices will be prebooked by teachers and accessed on a planned basis. School owned devices will not be permitted to go home with any student.

What about parents who are keen to be involved, but cannot afford purchase of the device?

We investigated the options associated with leasing or renting devices to parents, but are unable to offer this option. Please approach the Principal if genuine financial hardship is restricting your ability to provide your child with a device.

7. Trouble-shooting or Other Issues:

Who do I talk to if I have a technical problem?

The school employs an IT technician to support technology across the school, including the BYO iPad program. Students will seek technical support through their classroom teacher. All warranty issues are to be addressed through individual suppliers. Parents are also encouraged to purchase Apple Care Plus.

Who do I talk to if there is a behavioural or cyber-security problem?

Your first point of contact will always be your child's classroom teacher. If the teacher then feels it is necessary, he/she will make contact with a member of the School Leadership Team (i.e. Principal/Deputy Principal).

Can my child use their iPad at before or after school hours care (e.g. to complete their homework)?

The school is currently working with <u>Jabiru</u> to ensure students can complete homework on their device (when required), ensuring our expectations around the safe use of technologies is maintained.

What if my question hasn't been answered here?

Please ask. We welcome input from parents, staff and students and will update the FAQ section as the Program evolves.

Should my child be on Social Media?

Parents can sometimes feel the pressure of pester power to allow their children on social media, even if they don't feel comfortable doing so.

While these services are a fun way to stay connected with others, there can be downsides like cyberbullying, risks to privacy and contact from strangers. If you allow your child to sign up to a social media service, consider these handy tips.

Get in the know

Research the 'terms of use' and age requirements on social media services and explain them to your child.

Keep it private

Show your child how to use privacy settings to control what others can see.

Play nice

Encourage your child to respect others online and to always think before posting.

Report

Show your child how to report inappropriate content, especially cyberbullying.

Beware of bad eggs

Teach your child that not everyone they meet online can be trusted, even if they seem nice or friendly.

Learn more

Keep up to date with popular social media sites at: www.esafety.gov.au/quickguide

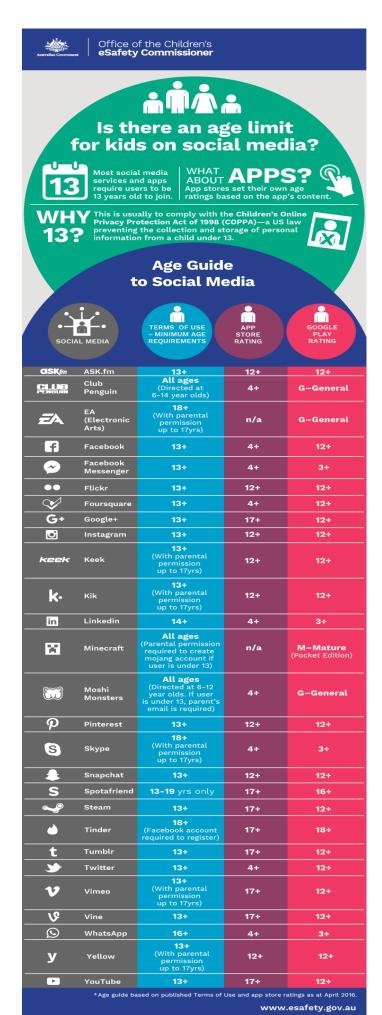
Talk

Maintain open communication with your child so they feel safe talking to you about any concerns.

Join in

Create an account yourself and find out what your child is likely to encounter.

 $iParent \ (Information \ directly \ from \ the \ \underline{Office \ of \ the \ Children's \ eSafety \ Commissioner)}$



Recommendations and Guidelines:

General Precautions

- It is recommended that food or drink should not be next to your iPad when in use
- Cords, cables and removable storage must be inserted into, and removed from the iPad carefully.
- Students should never carry their iPad while the screen is open, unless directed to do so by a teacher
- The iPad should never be left in a car or any unsupervised area.
- Students are responsible for ensuring the battery is charged for school each day.

Transporting the iPad

- A protective bag has sufficient padding to protect the equipment from normal treatment and provide a suitable means for carrying the iPad within the school. The guidelines below should be followed:
- The iPad should always be within a protective case when carried.
- Some carrying cases can hold other objects, such as clipboard and exercise books but these must be kept to a minimum to avoid placing too much pressure and weight on the iPad screen.

Screen Care

- The screen can be damaged if subjected to rough treatment. They are particularly susceptible to damage from excessive pressure and can be costly to repair.
- Do no lean on the top of the iPad
- Do not place anything near the iPad that could put pressure on the screen
- Do no place anything in the carry case that will press against the cover.
- Do not poke the screen
- Clean the screen with a soft, dry or anti-static cloth.

Damage at School

All devices are monitored by teachers at school and rules are in place to prevent foreseeable problems and damage however, from time to time, accidents may occur. If any

damage is through the negligence of the school, the school will cover the cost of the repair. If damage is caused by deliberate or careless actions of a student (owner or others), the costs of repair will be passed onto those involved and necessary behaviour consequences may apply. The decision around the responsibility for repair costs is at the discretion of the Principal.

Battery Maintenance

The battery life of portable devices is improving as technological enhancements are made. To get the most out of the battery life of the iPads, follow these simple tips:

- Reduce the screen brightness to a comfortable level
- Disable connectivity such as Wi-Fi and Bluetooth when not in use
- Lock the iPad screen when not in use
- Close all running apps when not in use
- At least once a week, drain the battery to 0% and fully recharge to 100%. This will aid the life of the battery

Security and Insurance

While the BYO iPads will be securely stored during break times, parents are
encouraged to seek personal insurance. Check with your preferred insurance
company (or even the iPad reseller) about your personal insurance at home and, to
and from school, for your iPad.

Damages in Transit

All iPads will require a protective case or sleeve when being transported. This will be an additional cost but is well worth the outlay as it is the best form of insurance for iPads and will often protect the device from impacts and accidents, especially when these sleeve type cases are inside a school bag.

Charging

iPads brought to school will need to be fully charged. The power supply will be not required to be brought to school. The school will have a number of iPad power supplies to charge the iPad in the event of a battery being depleted. Leaving power supplies at home

reduces the weight of the equipment student's transport to and from school and reduces likelihood of damage and/or loss. Battery life of all devices can be reduced dramatically when using display intensive processes. Testing has been conducted and normal class use of these Retina models will see the battery lasting all day if charged before school.

Occupational Health and Safety

Students are advised to consider the following advice when using their iPad.

- Taking regular rest breaks (at least every 20 minutes; more often if the setup is not ideal to allow muscles and vision to recuperate).
- Not using the iPad for more than 1 hour in any session.
- Working in an environment free from glare.
- Using the iPad on a desk rather than on the lap whenever possible.
- Changing the viewing angle to minimise the need to bend the neck.
- Using a chair that maintains good posture.

Potential Hazards

The main features of mobile devices that cause problems is the minimal amount of ergonomic adjustment – this promotes poor posture.

If the screen is at the optimal height for the operator then the keyboard is too high and if the keyboard is at the optimal height then the screen is too low. Both scenarios may contribute to muscle discomfort or strain to varying degrees.

Potential injuries that can occur through using iPad include:

- Occupational Overuse Syndrome (OOS) (also known as repetitive strain injury (RSI) as a result of sustained unnatural postures and/or prolonged tension on muscles, tendons and other soft tissues.
- Eye strain through use in environments where there is poor lighting, glare or reflection and as a result of straining to view details on small screens.
- Manual handling strain through carrying the iPad for extended periods and/or lifting them out of awkward spaces. Strain may be the aggravation of an existing injury.
- Tripping hazards can also exist where the mobile device has external cables attached such as mains power cords or external drive connectors.

Minimising the Risk of Strain or Injury

- Whenever possible, place the iPad on a desk at a height where the elbows are at 90 degrees and the wrists are kept straight.
- Wherever possible sit in a comfortable chair at a desk.
- Take frequent rest breaks at least every 20 minutes but more often if the setup is not optimal to allow eyes and muscles to recuperate.
- Avoid using the iPad for extended periods (maximum of 1 hour in any session).
- Setting the screen at an angle that reduces, as far as possible, the need to bend your neck and minimises reflection.

Preventing Eye Strain

Eyestrain and headaches can be caused by the constant viewing of small objects on small screens, incorrect monitor position, or glare or reflection from lighting sources. The risk of eyestrain can be reduced by ensuring students:

- Work in environments free from glare or reflection.
- Have adequate lighting.
- Increase font size for comfortable viewing.
- Position the iPad screen for comfortable viewing distance.
- Take frequent rest breaks. (An old but valid idea is the 20/20 rules that states "every 20 minutes look at something about 6 metres away for 20 seconds").
- Regularly blink to lubricate your eyes.
- Adjusting the screen brightness, colours and/or contrasts can also assist in reducing eyestrain.

Other Risks

We are committed at New Farm State School to ensure the safety and wellbeing of our students and staff when using wireless technologies and believe that we have a duty of care and need to provide a safe learning environment for all children.

In order to minimise exposure to wireless radiation, we adhere to the policy and strict guidelines set out by the Department of Education. For more information, click on the link below:

https://education.qld.gov.au/initiativesstrategies/Documents/fact-sheet-electromagnetic-fields.pdf

We also encourage these simple steps to reduce health risks (from

www.powerwatch.org.uk)

- Avoid using Wi-Fi if it isn't necessary
- If a new classroom is to be built, or electrical work is to be carried out in an existing classroom, network cables can be added at the same time, providing wired network access with minimal extra cost and time.
- Situate access points as far away from child sitting areas as possible.
- Switch devices to airplane mode to use apps or watch videos stored on the device.
- Avoid placing a Wi-Fi enabled device on your lap. Use a desk, table or tablet holder.
- Use headphones to keep the device's transmitter away from your head (non-Bluetooth headsets)

For more information about EMR safety, refer to:

http://www.wifi-in-schools-australia.org/

https://www.youtube.com/watch?v=LZ7o1sRjj2A

References

- Australian Standard AS 3590 screen –based workstations, workstation furniture and input devices.
- Occupational Overuse Syndrome Keyboard Operators: Reducing the Risk.
- Workplace Health and Safety http://www.dir.qld.gov.au/workplace/index.htm
- Using your device safely, Department of ED, Victoria
- Health and Safety in the Office Department of Education, WA
- Officewise, Victoria Work Cover

Family Contract for Online Safety

- 1. I will not give out personal information such as my address, telephone number, parents' work address/telephone number, or the name and location of my school without my parents' permission.
- 2. I will tell my parents right away if I come across any information that makes me feel uncomfortable.
- 3. I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father along.
- 4. I will go online or play video games when my parents say it's OK and limit my online time so that it doesn't interfere with chores, homework or other activities.
- 5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do, I will tell my parents right away.
- 6. I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
- 7. I will not give out my Internet password to anyone (even my best friends) other than my parents.
- 8. I will check with my parents before downloading or installing software or apps or doing anything that could possibly hurt our devices or jeopardize my family's privacy.
- 9. I will be a good online citizen and not do anything that hurts other people or is against the law.
- 10. I will help my parents understand how to have fun and learn things online and teach them things about the Internet, computers and other technology.

I agree to the above.	
Child sign here	
I will help my child follow this agreement and will allow reasonable use of the Internet as long as these rules and other family rules are followed	A.
Parent(s) sign here	

Items one through six are adapted from the brochure <u>Child Safety on the Information Highway</u> by Lawrence J. Magid.

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