

 2014-1015 School Year

Dear Parents/Guardians,

My name is Allison Newton and I teach grade 7, 8 and 9 Technology Education at West Hants Middle School. I am writing to ask for your assistance with a small assignment the grade 7 students are working on in class. The students are studying the idea of technology and media usage in today’s society and how we have become dependent on these modern conveniences that are designed to make our life easier.

As both an educator and a parent, I have become increasingly aware of just how much technology ( ie. cell phones, laptops, video games, etc.) are used every day with this digital generation we are a part of. The assignment is simple really. For one day (a 24 hour period) each student is asked to attempt to go without media use, keep a journal of their successes and failures and their feelings during that 24 hour time period. Anytime they reach for media they are asked to stop, rethink and document their feelings at that time. They are also asked to note which technology they HAD to use and more importantly what technologies they were able to NOT use and eliminate. Their goal is to attempt to limit, as much as possible, their use of technology for a 24 hr period. I realize it is impossible to eliminate everything, but hopefully it is realistic to be able to reduce their usage for one day. After this experiment students will be asked to anonymously share their experiences with the class and we will compile a visual display of the feelings at grade 7 surrounding this controversial topic.

Thank you for your support and assistance with this experiment.

Allison Newton