Gaelscoil Bhrian Bóroimhe

Polasaí deonach faoi fóin chliste

Úniéireacht fóin chliste a chur siar go dtí críoch na bunscolaíochta

Réamhrá:

I nGaelscoil Bhrian Bóroimhe tuigimid an ról agus na buntáistí a bhaineann leis an dteicneolaíocht, fóin chliste san áireamh, i sochaí an lae inniu. Cé go mbaineann go leor buntáistí le fóin chliste, molaimid go láidir go smaoineodh tuismitheoirí faoi mhoill a chur ar cheannacht fóin chliste dá bpáistí go dtí go gcríochnaíonn siad sa bhunscoil (thart ar 12 bliana d'aois). Leagan an polasaí deonach seo amach na buntáistí a bhaineann leis an gcur chuige seo agus tugann sé moltaí maidir le húsáid freagrach d'fhóin/ teicneolaíocht chliste do thuismitheoirí a dhéanann cinneadh fóin/ ábhar teicneolaíochta chliste a chur ar fáil dá bpáistí sula gcríochnaíonn siad sa bhunscoil.

Ar bhonn starógach (léirithe sa dtaighde), deir tuismitheoirí linn go gceannaíonn siad fóin dá bpáistí d'ainneoin a mbarúl féin ar an gceist toisc nach bhfuil siad ag iarraidh go mbeadh a bpáiste ar "an t-aon duine" (nó duine de mhionlach) gan fón chliste. Ní haon íonadh é go dtógann tuismitheoirí cinneadh fóin a cheannach dá bpáistí sa chás sin nuair atá buairt orthu go bhfágfar a bpáiste ar lár gan cheann. Creidimid go gcabhróidh sé go mór le tuismitheoirí cinntí a thógáil, le muinín, faoin am is oiriúnaí le fóin a cheannach dá bpáistí, má roghnaíonn tromlach tacú leis an bpolasaí seo, go háirithe toisc go mbeidh an cineál polasaí céanna á sheoladh sna scoileanna áitiúla eile.

Buntáistí a bhaineann le moill a chur ar úinéireacht fóin chliste:

Forbairt shóisialta agus mothúchánach

Bíonn deis ag páistí forbairt a dhéanamh go sóisialta agus ó thoabh na mothúchán de nuair a chuirtear siar úinéireacht d'fhóin chliste. Nuair atá rónochtadh i leith na hidirlíne ag páiste is minic a dhéanann siad comparáid le daoine eile, rud a chúisíonn buairt agus cúthaileacht. Gan scáileáin dhigiteacha ag cur isteach orthu, bíonn deis ag páistí cumarsáid duine ar dhuine agus scileanna idirphearsanta a fhorbairt.

Taithí idirlíon níos sláintiúla agus níos dearfaí:

Tá baol níos mó ar pháistí óga i dtaobh na cuntúirtí a bhaineann le bheith ar líne. Tríd moill a chur ar úinéireacht fóin chliste, bíonn deis ag tuismitheoirí múineadh dá bpáistí conas an idirlíon a úsáid ar bhealach freagrach. Is féidir leo teicneolaíocht dhigiteach a chur ar fáil ansin de réir a chéile i suíomh sábháilte agus laghdú a dhéanamh ar an gcur isteach a dhéantar ar chodladh, ar gníomhú fisiciúil agus ar an mbaol go dtarlódh cíbear-bhulaíocht.

I gcásanna go gcreideann tuismitheoirí go bhfuil sé riachtanach go mbeadh fón/ ábhar teicnolaíochta chliste ag a bpáiste, molaimid na roghanna seo thíos:

Gléasanna malartacha:

Más gá, smaoinigh faoi ghléasanna málartacha ar nós fón sothghluaiste bunúsacha nó táibléad gan fáil ar an idirlíon go dtí go gcríochnaíonn siad sa bhunscoil.

Tosaigh caol!

Tá sé inmhollta go ndéanadh tuismitheoirí maoirseacht agus comhrá i leith úsáid na hidirlíne lena bpáistí agus go dtuilleadh páistí an cheart ábhair teicneolaíochta chliste a úsáid le níos mó saoirse de réir a chéile.

Oideachas inniúlacht dhigiteach:

Cinntigh go bhfuil do pháiste inniúlach ar fhoghlaim dhigiteach agus ar cheart-úsáid an idirlín sula dtugann tú cead dóibh gléas cliste a bheith acu. Múin dóibh conas contúirt a aithint agus conas a bheith ina saoránach digiteach.

Tabhair deá-shampla:

Ba cheart do thuismitheoirí deá-shampla a léiriú chun dea-nósanna a chothú lena bpáistí.

Conclúid:

Tá buntáistí maidir le sábháilteacht agus dul chun cinn páistí nuair a chuirtear moill ar úinéireacht fhón dhigiteach go dtí go gcríochnaíonn siad sa bhunscoil. Mar sin, molaimid an cur chuige seo go láidir. Cuirimid béim freisin ar an tábhacht a bhaineann le húsáid freagrach d'fhóin chliste nuair a thagann an t-am cheart. Le chéile, is féidir linn cabhrú le páistí tabhairt faoi dhomhan digiteach go freagrach agus go sábháilte.

Gaelscoil Bhrian Bóroimhe

Voluntary Opt-in Smart Phone Policy

Delaying Smart Phone Ownership until Primary School Completion

Introduction:

In Gaelscoil Bhrian Bóroimhe we understand the prevalence and the many benefits of technology, including smartphones, in today's society. While smartphones can offer numerous advantages, we strongly encourage parents to consider delaying the purchase of smartphones for their children **until they complete primary school** (approximately age 12). This voluntary opt-in policy outlines some of the potential benefits of this approach and also provides recommendations for responsible phone/ smart device usage for parents who feel that their child must have at least some access to a phone/smart device before they finish primary school.

Anecdotally (and backed up in research), parents have told us that they have allowed their children to own smartphones against their better judgement due in part to the pressure of their child standing out as "the only one" (or one of very few) without a smartphone. It is very understandable that when parents are faced with that reality, that they might see fit to allow their children to own smartphones to avoid having them excluded. It is our belief that a large opt-in to this policy would empower parents to decide, with confidence, when best to provide their children with phones, particularly due to the fact that other local schools are launching similar policies.

Benefits of Delaying Smart Phone Ownership:

Enhanced Social and Emotional Development

Delaying smartphone ownership can foster better social and emotional development in children. Overexposure to the internet can lead to children making unhealthy comparisons with others, causing anxiety and self-consciousness. Without such digital distractions, children can learn essential face-to-face communication skills and build stronger interpersonal relationships.

A safer, healthier relationship with technology :

Young children are more vulnerable to risks associated with the use of smart devices. Delaying smartphone access allows parents to educate children about responsible internet use and gradually introduce them to digital technology in a controlled environment, reducing the risk of negative effects such as anxiety, sleep disturbances, decreased physical activity, and cyberbullying.

In cases where parents feel that their child must have access to a phone/smart device in Primary School, we recommend the following:

Alternative Devices:

If necessary, consider providing your child with alternative devices like basic mobile phones or tablets with restricted internet access until they complete primary school.

Start narrow!

It is advisable that parents supervise and discuss smart technology usage with their children and that children gradually earn the right and trust to use their devices with more freedom as they prove their readiness.

Digital Literacy Education:

Ensure that your child is well-versed in digital literacy and online safety before granting smart device access. Teach them to recognise potential online threats and be responsible digital citizens.

Lead by Example:

Parents should lead by example and exhibit responsible smartphone usage to instil good habits in their children.

Conclusion:

Delaying the purchase of smartphones for children until they complete primary school can bring about numerous benefits for their development and safety. Accordingly, we strongly encourage parents to consider this approach, while also emphasising the importance of responsible smartphone usage when the time is right. Together, we can help children navigate the digital world safely and responsibly.