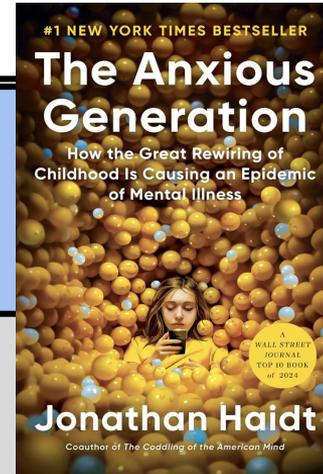


Anxious Generation: Our Next Steps

**New Fairfield Public Schools
Board of Education Meeting
March 5, 2026**



Our Process

- **NFPS Community-Wide Read** (Summer / Fall 2025)
- **Community Conversations** (November / December 2025)
- **Development of Emerging Themes and Action Steps**
(administrative team, wellness strategic planning group - January / February 2026)

Theme 1: Digital Literacy / AI Competencies

Building skills intentionally that allow students to effectively navigate decision-making and use of digital devices and platforms (including in the age of AI).

Action Steps:

- Map K-12 Digital Literacy Learning Progression and AI Competencies aligned to NFPS Vision of a Learner to be integrated into curriculum learning experiences, 2026-27.
- Ongoing review of technology usage (frequency and type) to foster effective strategies in the use of technology for teaching and learning.

Theme 2: The Role and Use of 1:1 Devices in Schools

Examining access to and use of personal devices during the school day in our schools (NFHS).

Action Steps:

- BOE Policy Subcommittee update of cell phone use and discussion of personal device / BYOD regulations in NFHS (2-25-26)
- Shift BYOD practices at NFHS to student use of district-provided devices (Chromebooks) during the school day rather than personal devices.

Theme 3: Play and Unstructured Time for Children

Engaging elementary and middle school children in screen-free play and unstructured time during their day (including outside of school) to foster the development of the whole child.

Action Steps:

- Ongoing review of technology use in the school day to examine balance of screen time and opportunities for screen-free play (maintain recess time; indoor recess - board games, books, etc.;)
- Collaborate with PTO to structure school community events that minimize screens (phone-free NFMS dances, Family Game / Bingo Night, etc.)
- Outreach and communicate with community organizations (NF Parks and Rec, etc.) to explore opportunities for play at NF playgrounds, screen-free activities, etc.

Theme 4: Social Skills and Human Connection in the Digital Age

Fostering human connection, communication, and social skills to preserve student wellness and protect against mental health issues (loneliness, depression, etc.).

Action Steps:

- Map K-12 Social / Emotional Learning Skills to integrate self-regulation skills, relationship and interaction skills (social conflict, etc.), and responsible problem-solving skills into curriculum and school-based experiences.

Theme 5: Navigating Parenting in the Digital Age

Supporting families as they navigate parenting in the digital age through collective community efforts.

Action Steps:

- Provide communication and resources to families through school newsletters, websites, etc. that share strategies related to use of technology, social development, building independence and responsibility in children, impact of screen time, etc.
- Inspire community groups and organizations to launch collective initiatives (ie. *Wait Until 8th*).
- Partner with PTO and interested community members who may be able to build connections with local mental health practitioners / organizations to offer in-person parent speaker re: parenting, anxiety, technology use, etc. for parental connections.

Questions and Discussion