

Disconnect 2 Reconnect

NEWSLETTER

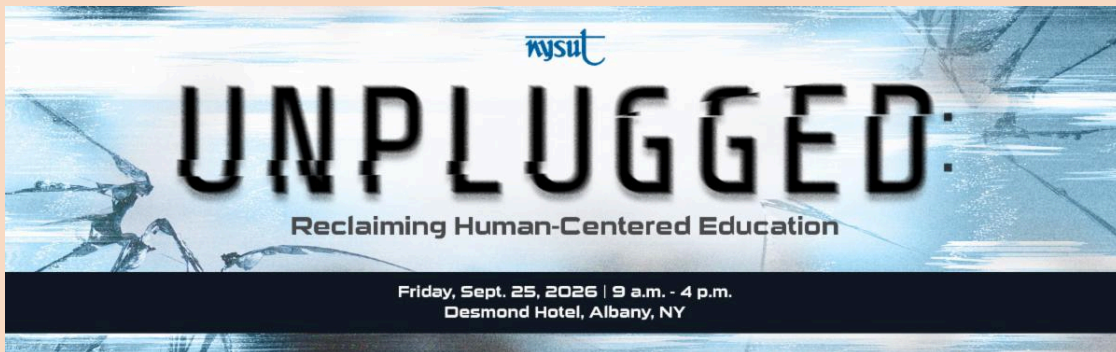
THE D2R CAMPAIGN CONTINUES



Enjoy the last weeks of summer. Go outside, take a walk or a swim, slow down. Sample all that Westchester has to offer – beyond screens.

**Aug
2026**

In our newsletter, we also strive to keep you up to date on what's happening in the world of policy and advocacy. Don't be put off by those words. Yes, it's really important to take care of ourselves and our families, and so we include resources and tools to that end. But we also hope you'll take the time to explore the emerging research, reporting and initiatives on screens and social media – to make life healthier for everyone.



NYSUT Takes a Stand on Screens/EdTech and AI

The New York State Unified Teachers Board of Directors recently passed a resolution calling for new limits on screens and student-facing A.I. through 2nd grade, no social chatbots for students under 16, options for paper/pencil assessment and more. Reminding us that it's teachers, not technology, that are the foundation of education, NYSUT will bring teachers, administrators, parents, advocates and elected officials together at a free September 25th event – Unplugged: Reclaiming Human-Centered Education in Albany. Register today.

To learn more or to register, [click here](#).

For the NYSUT media release on their Resolution, [click here](#).

Great New Guide on Screen Use in the Early Years

From the NYS Council on Children and Families, a new resource to help parents, caregivers, clinicians and early childhood professionals navigate digital media and devices during the critical birth to 5 years period. Based “on the science”, the guide offers a balanced approach to this often fraught area of modern life.

Currently available online [here](#).

Print copies will be available in the fall.

What Happened to Independent Play and Why We Need It Back

From the Harvard Graduate School of Education comes an interview with Psychologist Peter Gray who makes a compelling case for bringing back more independent play. He emphasizes “its profound impact on children’s happiness and long-term well-being.”

Audio and transcript of the interview are available [here](#):

To Enjoy with Children

[A lego zip line? A treasure map and hunt?](#)

Check out these and more “boredom busters”, a free, printable list of simple activities you can do at home with children 8 to 12 years.

[The beauty of pencil and paper!](#) Have fun and build brains at the same time. From its Screens & Action Learning Kit, the Screen Time Action Network/Fairplay offer a variety of handwriting and reading activities that benefit all ages.



August Family Activities

[Summer Sensory Playtime!](#)
[Encourage exploration, curiosity and creativity at the Scarsdale Public Library.](#)

[Have fun with animals at the New Rochelle Library!](#)

Bring the family for outdoor movie nights at the Lewisboro Library

1. [Night at the Museum](#)
2. [The Goonies](#)

Continue to celebrate America's 250th anniversary:

1. [250th Anniversary History Hunt: The American Revolution in Westchester](#)
2. [Capitol for a Day](#)



THE “WHAT TO DO” LIST

IDEAS FOR WHEN YOU NEED A BOOST

COMIC BOOK WRITING: Fold paper together and make your own comic book.	MUSIC ART: Turn your favorite song or lyric in art. Write down the words and paint them.	“I WONDER” JOURNAL: Staple together paper to collect thoughts. Write down things you wonder about, like “I wonder why moss is spongy?” “I wonder how plants grow?” “I wonder how concrete is made?” “I wonder what makes something funny.” Later, try to find the answers.
CREATE A ZIP LINE: Use string to make a zip line and send LEGO creations down it.	MAKE A TREASURE HUNT: Create and hide clues for a treasure hunt and treasure map around your house.	
NATURE ART: Using materials found all around the outside of your house, create a piece of art or a self-portrait. Think leaves as hair, moss as eyebrows, rocks as eyes, etc.	MAKE A CODE: Create your own alphabet code and write some cryptic notes (example: a is z, b is y, c is x etc.). Write a letter to a friend or family member.	BE AN EXPERT: You're already an expert in something. Share information on that topic (in a poster, brochure, or booklet) and present it to your family.
ANIMAL RESEARCH: Love animals? Research an interesting animal and copy down facts about them. Share them in a poster, picture book, or slide deck with your family.	POETRY: Write about your family, friends, or life. Try lyric, haiku, and acrostic poems.	SURVEY: Create a survey then text others for their answers. Graph the data.
DIY PUZZLES: Grab some boxes and draw pictures on them, then cut into puzzle pieces.	MAIL DAY: Send letters and pictures to your friends.	MAKE A POSTER: Create a poster about a book, movie, or video game you love. Add labels, pictures, and infographics.
MAKE A BOARD GAME: Design your own board game. Use a box, dice, cards, and game tokens.	FAN FICTION: Loved a book, video game, movie, or show? Write down ideas for a sequel, create a new plot line, or come up with a different ending.	OLD TOY PLAY: Go find a toy you used to play with. Sit with it. Draw it, write about it, or play with it again for old times' sake.
BOAT SINK OR FLOAT: Build your own boat (use paper, LEGO bricks, etc.) and set it in water. Add 1 penny at a time until it sinks. How many did it hold?	PAPER PLANE BUILDING: Research how to build the best paper airplanes and test each design.	BE A DESIGNER: Draw designs of your dream room or dream outfits.

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Click on image to see full flyer!

1776 CAPITOL FOR A DAY

BASED ON HISTORY



LIVING HISTORY EXPERIENCE
SUNDAY, AUGUST 30
12:30-4:00PM

MEMORIAL PARK (DOWS LANE & BROADWAY)
FAMILY FRIENDLY!

IN PARTNERSHIP WITH



SPONSORED BY



D2R Subcommittee on School Age Convenes Parent Groups

Representatives of parent groups concerned with screens/devices/EdTech and AI in area schools got together on July 22 nd to share information, ideas and see how they might work together. In Real Life, Ok to Delay, Schools Beyond Screens, Distraction-Free Schools Policy Project, Croton Community Collective and Heads Up Rivertowns were all “in the house”, eager to share their activities and the changes they’d like to see in their children’s classrooms. Plans are underway to meet regularly.

To join this group, email Kathy Halas at kmarie2891@aol.com.

Want More on D2R?

Want to know how we got started, who is involved, and what we have been up to - go tour website!

[Visit our Website](#)

What’s next for D2R? Under the leadership of the Westchester Library System, the D2R Steering Committee has been meeting to strengthen and expand its reach and activities. Stay tuned for more opportunities to join in!

[Sign up for the newsletter](#)
[D2R contribution](#)

[Don’t forget to check out what is happening at YOUR community library!](#)

Playing for Keeps Screening

Rediscover the joy and importance of play at any age! Host a screening of Playing for Keeps: The Upside of Downtime - a lively and thought-provoking documentary that explores how play supports creativity, connection, and well-being throughout life.

[Watch the trailer here](#)

Contact Janet Donat for more information
jdonat@wlsmail.org

2026 Library Road Trip

Interested in seeing the libraries across Westchester? Join the Westchester Library System’s 2026 Road Trip! Visit participating libraries throughout the upcoming months to win prizes and explore!



Our D2R Conference Sponsors:

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Partner Sponsor

Nancy Barr

Kathy Halas

Dr. Andrew Bell

Dr. Terry L. Kirchner



Bronze Sponsor



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NEWSLETTER

LA CAMPAÑA D2R CONTINÚA



Disfruta de las últimas semanas del verano. Sal a la calle, da un paseo o date un chapuzón, relájate. Descubre todo lo que Westchester tiene para ofrecer, más allá de las pantallas.

**agosto
2026**

En nuestro boletín informativo, también nos esforzamos por mantenerte al día sobre lo que sucede en el mundo de las políticas públicas y la defensa de los derechos. No te preocupes por estas palabras. Sí, es muy importante cuidarnos a nosotros mismos y a nuestras familias, por lo que incluimos recursos y herramientas para ello. Pero también esperamos que dediques tiempo a explorar las investigaciones, los informes y las iniciativas emergentes sobre pantallas y redes sociales, para lograr una vida más saludable para todos.



NYSUT fija su postura sobre las pantallas, la tecnología educativa y la IA

La Junta Directiva de NYSUT (New York State Unified Teachers) aprobó recientemente una resolución que exige establecer nuevos límites al uso de pantallas y de inteligencia artificial dirigida a los alumnos hasta el segundo grado, prohibir los chatbots sociales para menores de 16 años, ofrecer opciones de evaluación en papel y lápiz, entre otras medidas. Con el fin de recordar que son los docentes —y no la tecnología— quienes constituyen la base de la educación, NYSUT reunirá a maestros, administradores, padres, defensores de la educación y funcionarios electos en un evento gratuito que se celebrará el 25 de septiembre en Albany, titulado **Unplugged: Reclaiming Human-Centered Education** (Desconectados: Recuperando una educación centrada en el ser humano). Inscríbase hoy mismo.

[Para obtener más información o registrarse](#)

[Para el comunicado de prensa de NYSUT sobre su resolución](#)

Excelente nueva guía sobre el uso de pantallas en la primera infancia

El Consejo sobre Niños y Familias del Estado de Nueva York presenta un nuevo recurso para ayudar a padres, cuidadores, profesionales clínicos y especialistas en primera infancia a gestionar el uso de medios y dispositivos digitales durante la etapa crítica que abarca desde el nacimiento hasta los 5 años. Basada en la evidencia científica, la guía ofrece un enfoque equilibrado sobre este aspecto de la vida moderna que a menudo genera inquietud.

Actualmente disponible en línea [aquí](#).

Habrá ejemplares impresos disponibles en otoño.

¿Qué pasó con el juego independiente y por qué necesitamos recuperarlo?

La Harvard Graduate School of Education presenta una entrevista con el psicólogo Peter Gray, quien expone argumentos convincentes a favor de recuperar el juego independiente. Él destaca «su profundo impacto en la felicidad y el bienestar a largo plazo de los niños».

El audio y la transcripción de la entrevista están disponibles [aquí](#):

Para disfrutar con niños

[¿Una tirolesa de LEGO? ¿Un mapa y una búsqueda del tesoro?](#) Descubre estas y otras ideas para combatir el aburrimiento: una lista gratuita e imprimible de actividades sencillas que puedes realizar en casa con niños de 8 a 12 años.

[¡La belleza del lápiz y el papel!](#) Diviértete y ejercita la mente al mismo tiempo. Como parte de su kit de actividades prácticas sobre el tiempo frente a la pantalla (*Screens & Action Learning Kit*), la organización Screen Time Action Network/Fairplay ofrece una variedad de actividades de escritura a mano y lectura beneficiosas para todas las edades.



Actividades familiares para agosto

[¡Tiempo de juego sensorial de verano! Fomenta la exploración, la curiosidad y la creatividad en la Biblioteca Pública de Scarsdale.](#)

[¡Diviértete con animales en la Biblioteca de New Rochelle!](#)

Traiga a la familia a las noches de cine al aire libre en la Biblioteca de Lewisboro.

1. [Night at the Museum](#)
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¡Haz clic en la imagen para ver el folleto completo!

El subcomité D2R sobre edad escolar convoca a grupos de padres

Representantes de grupos de padres preocupados por el uso de pantallas, dispositivos, tecnología educativa e inteligencia artificial en las escuelas de la zona se reunieron el 22 de julio para intercambiar información e ideas, así como para explorar posibles formas de colaboración. En el encuentro participaron organizaciones como In Real Life, Ok to Delay, Schools Beyond Screens, Distraction-Free Schools Policy Project, Croton Community Collective y Heads Up Rivertowns, todas ellas deseosas de compartir sus actividades y los cambios que les gustaría ver en las aulas de sus hijos. Ya se están organizando reuniones periódicas.

Para unirse a este grupo, envíe un correo electrónico a Kathy Halas a kmarie2891@aol.com.

¿Quieres saber más sobre D2R?

¿Quieres saber cómo empezamos, quiénes participan y qué hemos estado haciendo? ¡Visita nuestro sitio web!

Continúe celebrando el 250 aniversario de Estados Unidos:

1. [Búsqueda histórica del 250 aniversario: La Revolución Americana en Westchester](#)
2. [Capitolio por un día](#)



[¡No olvides ver qué está pasando en la biblioteca de TU comunidad!](#)

Proyección de *Playing for Keeps*

¡Redescubre la alegría y la importancia del juego a cualquier edad! Organiza una proyección de **Playing for Keeps: The Upside of Downtime**, un documental dinámico y estimulante que explora cómo el juego fomenta la creatividad, la conexión y el bienestar a lo largo de toda la vida.

[Mira el tráiler aquí](#)

Comuníquese con Janet Donat para más información jdonat@wlsmail.org

[Visit our Website](#)

¿Qué sigue para D2R? Bajo el liderazgo del Westchester Library System, el Comité Directivo de D2R se ha estado reuniendo para fortalecer y ampliar su alcance y sus actividades. ¡Esté atento a más oportunidades para participar!

[Suscríbete al boletín](#)
[Contribución a D2R](#)

Viaje por carretera a bibliotecas de 2026

¿Te interesa conocer las bibliotecas de todo Westchester?
¡Únete al «Road Trip» (viaje por carretera) de 2026 del Westchester Library System!
¡Visita las bibliotecas participantes en los próximos meses para ganar premios y explorar!



Nuestros patrocinadores de la conferencia D2R:

Patrocinador Plata



Patrocinador asociado

Nancy Barr
Kathy Halas
Dr. Andrew Bell
Dr. Terry L. Kirchner



Patrocinador Bronce





Patrocinador en especie



¿Quieres descargar este boletín en PDF para compartirlo? [¡Haz clic aquí!](#)

[Visita d2rwestchester.info](http://d2rwestchester.info)



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