

Dear Parents;

Starting this coming week, \_\_\_\_\_ and continuing to \_\_\_\_\_, the students in Division \_\_\_\_ have been challenged to experience...

## A WEEK WITHOUT SCREENS

During the 'Week without Screens' the students are challenged to experience a week with no TV viewing, computer use, electronic game use, etc. (anything with screens - not including phones).

The experience is designed to build awareness of the amount of time students normally spend using screens and will hopefully help students to develop a greater interest and appreciation for other activities.



The students are asked to monitor the alternate activities they do, how much time they spend doing other activities when screens are not being used, as well as how they (and others around them) feel about the change of activity during the week.

Some suggested alternatives to screen use are: active play outside, biking, playing sports, reading, listening to music, working on a craft or hobby, visiting with family or friends, or helping out with household chores!

Your support for this challenge is appreciated. On \_\_\_\_\_, your child's 'Week without Screens' journal will be collected and the students will have an opportunity to discuss their feelings related to the week long experience. During the week, there will be no assignments given that require screen use!

Thank you,