

# Screen Smart Week!

Dear Parents and Caregivers:

Our school will soon be participating in the Screen Smart Program. Screen Smart is about the importance of managing screen time to achieve healthy, balanced lifestyles.

Too much screen time like watching TV and playing computer games, has an impact on children's health. Children need enough nutrition, exercise and sleep for healthy development. Too much screen time interferes with these basic needs. For example, screen time exposes children to the marketing of unhealthy food and drink choices. Children who watch more TV snack more and drink more sugary drinks. This program helps students become more aware of their free (recreational) screen time and balance it with other activities.

Our aim is to help students understand that overuse of screens is unhealthy. For one day of the program the students and teachers will all be taking the Ultimate Screen Challenge. The challenge is to go through an entire day without any free screen time. This event is designed to raise student awareness of their daily use of screens. (It is not supporting the idea that everyone should try to live life with no screens as that is not realistic). Your support on this day would be appreciated. We encourage you to take the challenge with your child.

Throughout the program, students will be involved in classroom activities focusing on these themes:

**Grade 5:** Human bodies are designed to move. Activities reinforce the Science curriculum. We will address why we need to be active and problems that arise when we are inactive.

**Grade 6:** The marketing of unhealthy foods and drinks on screens influences the choices people make. Activities explore this media influence.

**Grade 7:** Technologies have reduced our face-to-face time when communicating with friends. Activities stimulate thinking about how students communicate and the quality of their communications.

**Fact : Less screen time = more activity time.**

Screen time uses up time that could be spent on physical activity, reading and socializing. Inactive, free screen time should be limited to 1-2 hours per day to help maintain a healthy body and a balanced lifestyle.

We appreciate your support at home for the Screen Smart program.

Sincerely,

Your child's teacher

