

# Screen Smart Week!

Our school will soon be holding a Screen Smart Week!

Screen Smart Week raises awareness about screen time by asking students to track 3 days of their time using screens. If children are using screens more than the recommended 2 hour daily maximum, they (and their families) can work together to decrease screen time (and engage in fun non-screen activities instead).

Why is our school having a Screen Smart Week?

- Screens play an important role in our lives. The Screen Smart Program is about managing screen time (TV, computer games, internet surfing, social media etc.) to achieve a healthy, balanced lifestyle. Screen time does not refer to using computers for homework.
- Too much screen time can be harmful to children. It can interfere with academic success through reducing a child's attention span and slowing the rate of reading skill development. Excessive screen time may also lead to poor social skills and behavior problems.
- When children are watching their screens they are not being active and they are also being exposed to the marketing of unhealthy food and drink choices. Children who watch more TV snack more, and drink more sugary drinks, than children with less screen time. This program helps students become more aware of their recreational screen time and balance it with other activities.

**FACT: LESS SCREEN TIME = MORE ACTIVITY TIME**

We would appreciate your support for Screen Smart Week. We also encourage you to participate by tracking your screen time for 3 days of the week in the Student Screen Log your child will bring home.

