

# 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 (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. Children who spend too much time in front of screens also have a much higher chance of developing an unhealthy weight.

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.

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 recreational 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.

The Screen Smart Program for Primary children is based on these points:

- It is important for children to move every day. Our bodies are designed to move. Being active helps to keep us healthy.
- Less screen time equals more activity time. Too much screen time uses up time that could be spent on physical activities and other healthy pursuits.
- Inactive free screen time should be limited 1-2 hours per day to help maintain a healthy body and a balanced lifestyle.

We appreciate your support at home as we encourage students to replace some screen time with fun activities.

Sincerely,

Your child's teacher

