














ACTION WEEK (Week 2)		
	GRADE 4	GRADES 5, 6, AND 7
DAY 6	Goal #1 	Goal #1: 4-7  7 
DAY 7	Goal #2 	Goal #1: 4-7  7 
DAY 8	Goal #3 	Goal #1: 4-7  7 
DAY 9	Goal Reflection 	Goal Reflection 4-7 
DAY 10	Lifestyle Re-Check and Celebration  	Celebration

Screen Smart (Individual Class)

Screen Smart can be implemented by any interested teachers or undertaken by an entire school. Its success does not depend on the involvement of all grades.

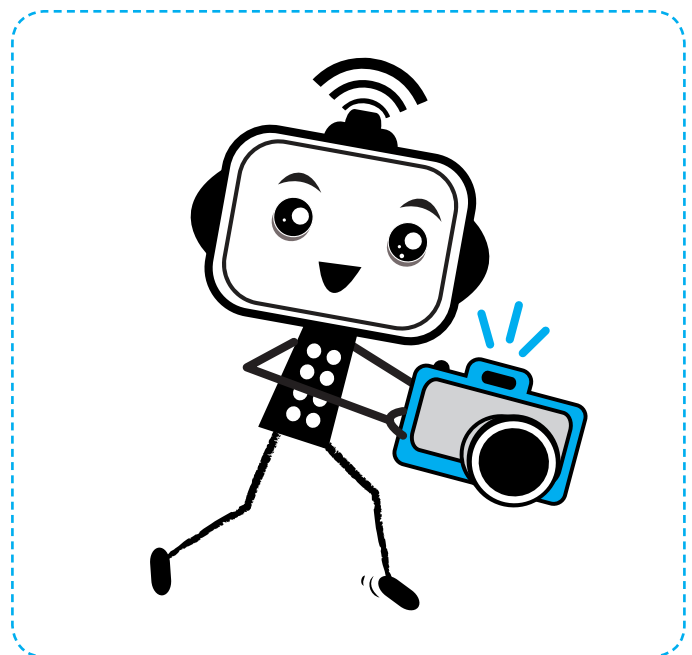
The activities suggested for each grade stand alone. For example, a Grade 4 teacher can successfully use Screen Smart even if the teachers in Grades 1 to 3 have not used Screen Smart in previous years.

Involving Families

The research is clear that parents and caregivers are key in the development of healthy habits in their children. Students can be encouraged to share information about being Screen Smart with their families.

In addition to receiving information sent home, parents, caregivers and PACs can be actively involved in Screen Smart Awareness and Action Weeks. Examples:

- Helping actively with poster preparation;
- Holding an information evening to share information and strategies for reducing screen time;
- Taking pictures during Screen Smart Awareness Week for school and PAC newsletters;
- Writing articles about the event for a local newspaper;
- Getting involved in new activities (physical, social, intellectual, etc.) with their children during the week;
- Encouraging families to help their children to be active is one way schools and families can work together to help children perform better at school.



See Appendices F and G for sample notices, information sheets and school newsletter inserts.