



January 7, 2019

Dear Parents:

Today marks the start of Health and Wellness Week at Shelter Rock Elementary School. In conjunction with CASA, we would like to continue the theme of Kindness from Red Ribbon Week and apply it to being a responsible Digital Consumer. As part of the week, we have some special presentations by Retired Officer Sharon Galvin both for parents and for students. The first presentation will be a joint Shelter Rock and Munsey Park SCA meeting for parents on January 9<sup>th</sup> at 9am at Shelter Rock. The second presentations will be on January 11<sup>th</sup> for students in 2 groups: the first will be for 2<sup>nd</sup> and 3<sup>rd</sup> graders, and the second for 4<sup>th</sup> to 6<sup>th</sup> graders. The gym classes will focus on fun games and activities as an alternative to screen time.

Attached is a Screen Free Pledge that students can fill out together with a parent or guardian to be returned to their teacher for a Homework pass. Additionally, we have attached what we hope to be a helpful list of suggestions on how to create a Screen Free environment at home from [www.screenfree.org](http://www.screenfree.org).

We hope that this week will start some important conversations at home about Internet safety and the effects of social media and video games on our children.

Sincerely yours,

Elizabeth Oliveri  
Anne Chun  
Health and Safety Committee Co-Chairs

# Health & Wellness Week

## Screen Free Week January 11 to January 18

Please fill out the pledge below, hand in to your teacher early during the week, and you will receive a “No Homework Pass” from your teacher, for committing to the Screen Free Week!

### P L E D G E   C A R D

*I, \_\_\_\_\_, pledge that during the week of January 11 to January 18, 2019 I will only use screens when they are required for school work. I will not: 1) Watch TV or videos, 2) Play games on tablets, phones, websites, or consoles, 3) Surf the web, 4) Use social media. Instead of using screens, I will:*

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Student signature \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_

*Adapted from [screenfree.org](http://screenfree.org)*

# THE FAMILY GUIDE TO A GREAT SCREEN-FREE WEEK

- **Try to get everyone in your family on board for Screen-Free Week.** If adults are fully committed, children feel everyone is sharing the experience and is taking it seriously.
- **Decide what “screen-free” means for your family.** Does it include email and text messaging? Are you still going to Skype with family members in another state or country? There’s no “right” way to do this, but make sure that you’re all clear about what your commitment will be.
- **Make plans together for the week.** Start planning in early April (or sooner) so that by the time Screen-Free Week rolls around, everything is in place and ready to go. Make sure that everyone (who can) has a specific responsibility and an equal vote on key decisions.
- **Set a calendar of activities and events for the week.** One goal of Screen-Free Week is to allow kids unstructured time to generate their own screen-free play and activities. But, especially if this is your first time participating as a family, you’ll want to make sure that you are not left twiddling your thumbs. It’s most important to schedule some family activities in the early part of the week so that everyone can adjust to being screen-free. If you need some help thinking of ideas, check out our list of [101 Screen-Free Activities](#).
- **Reclaim the family meal as a time for talking together and/or sharing stories.** Plan your meals ahead of time and include the entire family (when possible) in the preparation and presentation of the meal. Get creative with napkin folding. Are you going to use candles one night to make that dinner special? Think of different ways to spice up the evening... maybe a discussion about a book everyone in the family has agreed to read?
- **Include friends, relatives, and neighbors in what you are doing, even if it’s for just one day or evening.** Get together with other families at a park, play organized games or just hang out!
- **At the end of the week, talk about how you feel, what all of you have accomplished, and what aspects of the week you would like to keep going.** Is it worth it to make one night a week screen-free, with meals together and a game following dinner? Would it be a good idea to get together with extended family or friends one day or evening a week and do something different? The key is to find out how everyone feels, and share the pluses and minuses—both to figure out how to make Screen-Free Week even better next year and to reduce your dependence on screens all year round.



[www.screenfree.org](http://www.screenfree.org)

# 101 SCREEN-FREE ACTIVITIES

## At Home

1. Listen to the radio.
  2. Write an article or story.
  3. Paint a picture, a mural or a room.
  4. Write to the President, your Representative, or Senators.
  5. Read a book. Read to someone else.
  6. Learn to change the oil or tire on a car. Fix something.
  7. Write a letter to a friend or relative.
  8. Make cookies, bread or jam and share with a neighbor.
  9. Read magazines or newspapers. Swap them with friends.
  10. Go through your closets and donate items to Goodwill, the Salvation Army, or a local rummage sale. Have a garage sale.
  11. Start a diary/journal.
  12. Play cards.
  13. Make crafts to give as gifts. Try a new craft.
  14. Do a crossword puzzle or play Sudoku.
  15. Save money: cancel your cable TV!
  16. Learn about a different culture. Have an international dinner.
  17. Teach a child some of your favorite childhood games.
  18. Study sign language.
  19. Write a letter to your favorite author.
  20. Cook dinner with friends or family.
  21. Make cards for holidays or birthdays.
  22. Play chess, bridge, or checkers.
  23. Play charades.
  24. Have a cup of coffee and a conversation.
  25. Repair or refinish a piece of furniture.
  26. Make a wooden flower box.
  27. Wake up early and make pancakes.
  28. Read a favorite poem. Read poems by poets new to you
- ## Outdoors
29. Learn about native trees and flowers in your area.
  30. Plan a picnic or barbecue.
  31. Go bird watching. Learn the names of local birds.
  32. Walk the dog. Wash the dog.
  33. Plant a garden. Work in your garden.
  34. Take a nature hike.
  35. Feed fish or birds.
  36. Watch the night sky through binoculars and identify different constellations. Observe the moon.
  37. Learn to use a compass.
  38. Take photographs and then organize them into an album.
  39. Do yard work.
  40. Go camping.
  41. Take an early morning walk.
  42. Climb a tree.
  43. Watch a sunset; watch the sunrise with a friend.
- ## Around Town
44. Attend a community concert. Listen to a local band.
  45. Visit the library. Borrow some books.
  46. Visit a local bookstore.
  47. Visit the zoo.
  48. Visit the countryside or town. Travel by bus or train.
  49. Attend a religious service.
  50. Go to a museum.

- 51. Walk to work or school.
- 52. Attend a live sports event.
- 53. Look for treasures at a yard sale.
- 54. Try out for a play. Attend a play.
- 55. Collect recycling and drop it off at a recycling center.
- 56. Learn to play a musical instrument.

#### **On the Move**

- 57. Go roller skating or ice skating.
- 58. Go swimming. Join a community swim team.
- 59. Start a community group that walks, runs or bikes.
- 60. Organize a game of touch football, baseball, or softball in the local park.
- 61. Go for a bicycle ride.
- 62. Learn yoga.
- 63. Play soccer, softball or volleyball.
- 64. Play Frisbee.
- 65. Workout.
- 66. Go dancing. Take a dance class.

#### **In Your Community**

- 67. Organize a community clean-up or volunteer for charity.
- 68. Become a tutor.

- 69. Join a choir. Sing!
- 70. Start a bowling team.
- 71. Visit and get to know your neighbors.
- 72. Start a fiction or public policy book group.

#### **With the Kids**

- 73. Make paper bag costumes and have a parade.
- 74. Design a poster for Screen-Free Week.
- 75. Discover your community center or local park activities.
- 76. Blow bubbles.
- 77. Draw family portraits.
- 78. Build a fort in the living room and camp out.
- 79. Research your family history. Make a family tree.
- 80. Invent a new game and teach it to your friends.
- 81. Make a sign to tape across the TV during Screen-Free Week.
- 82. Play hopscotch, hide & seek, or freeze-tag.
- 83. Organize a neighborhood scavenger hunt.
- 84. Play board games with family and friends.
- 85. Clean up or redecorate your room.

- 86. Make puppets out of old socks and have a puppet show.
- 87. Write a play with friends. Perform it at a nursing home.
- 88. Construct a kite. Fly it.
- 89. Go on a family trip or historical excursion.
- 90. If it's snowing, go sledding or make a snowman.
- 91. Create a collage out of old magazine pictures.
- 92. Shoot hoops with friends. Play a round of H.O.R.S.E.
- 93. Make a friendship bracelet.
- 94. Create a cookbook with all your favorite recipes.
- 95. Tell stories around a campfire.
- 96. Plan a slumber party.
- 97. Bake cakes or cookies and invite friends for a tea party.
- 98. Construct a miniature boat and float it on water.
- 99. Write a letter to your grandparents. Make a special card.
- 100. Create sidewalk art with chalk.
- 101. Everyone! Have a huge party to celebrate a Screen-Free Week!

[www.screenfree.org](http://www.screenfree.org)

