

April 11, 2016

Dear Parents/Guardians,

From April 25 through May 6, Chester Elementary School will be participating in Screen-Free Week. Screen-Free Week is a nationwide event sponsored by Campaign for a Commercial-Free Childhood and celebrated by schools, families, and other civic and community groups each year. During Screen-Free Week, we are encouraging students to pledge to spend five days screen-free. Instead of watching TV, looking at ipads or playing video games, students will choose to read books, play games, write stories, create art projects, get physically active, and spend more time with friends and family. **All students who return the attached calendar log, listing their alternative activities for five days, will receive a certificate for a free ice cream cone from the Pattaconk Creamery to redeem in warmer weather!**

Studies show that children who watch less TV are more likely to read well and to be physically fit. Turning off screens also allows for more family time. Each week, American children spend more time in front of a screen than they do in school! Screen-Free Week is a great way to jumpstart our kids into more reading, learning, and active play. Family support of this event is the best thing you can do to ensure that your child will have a successful and beneficial experience. **The attached sheet (101 Screen-Free Activities) lists numerous, great alternatives for your family to consider during the celebration of Screen Free Week at CES.**

Also, CES has several after-school activities planned for your child to participate in. **A tri-fold pamphlet highlights all the events that your child can sign up to attend. Please sign and return the permission slip below in order to join the fun on these days!**

Sincerely,

Dr. Beekley, Ms. Handfield, Ms. Mercier and Ms. Moshier

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Student Name: _____

Teacher Name: _____

Check the appropriate box(es) to participate in **CES's 2016 Screen Free Week** activities:

_____ My child will attend the "Let's Play Games" activity on Thursday, April 28, from 3:00-4:00

_____ My child will attend the "Mystery Readers" activity on Tuesday, May 3, from 3:00-4:00

_____ My child will attend "Yoga Fun" activity on Thursday, May 5, from 3:00-4:00

PLEASE RETURN BY THURSDAY, APRIL 14