



Ames Elementary is celebrating Screen-Free Week!

Screen time is any time spent watching television and videos, playing video and computer games or surfing the Internet. Too much screen time not only replaces physical activity time, it also encourages young people to eat more of the unhealthy, high-calorie foods they see advertised on TV.

Screen-Free Week is an annual celebration encouraging schools, families and communities to turn off the screens and explore other ways to spend time together. It's a chance for children— and adults—to power down and reconnect with the world around them.



How will Ames Elementary celebrate Screen-Free Week?

All District 96 Elementary schools are participating in screen-free week! By working together, we make it easier for students to honor their pledges to be screen-free all week.

Step 1: Sign the attached Pledge Card and return it to school the next day. Have your parents or guardians sign it too!

Step 2: Go screen-free this week! Need some ideas to keep your mind off of your electronics? Try reading a book, riding your bike, starting a diary or journal, making a lemonade stand, playing jump rope, organizing a game of freeze tag, or going on a hike. Be creative!

Step 3: Sign your name on the raffle tickets for each day you go screen-free. Return these tickets to school on Monday, April 24th in an envelope with your name and classroom on the front. You'll then be entered into a drawing to win Blaze Pizza gift certificates!

Screen-free week coincides with Earth Day (Saturday April 22nd).

* School-based screen time is not related to screen-free week.

<i>Monday, April 17th</i>	<i>Tuesday, April 18th</i>	<i>Wednesday, April 19th</i>	<i>Thursday, April 20th</i>	<i>Friday, April 21st</i>	<i>Bonus! Earth Day (Saturday) or Sunday</i>
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Pledge Card

I, _____,
pledge that during screen-free week at
Ames Elementary School, I will only use
screens when they are required for school.
I will not:

5. Watch TV or Videos
6. Play games on electronic devices
7. Surf the web
8. Use social media

Signed: _____

Parent signature: _____

Teacher name: _____

Pledge Card

I, _____,
pledge that during screen-free week at
Ames Elementary School, I will only use
screens when they are required for school.
I will not:

13. Watch TV or Videos
14. Play games on electronic devices
15. Surf the web
16. Use social media

Signed: _____

Parent signature: _____

Teacher name: _____

Pledge Card

I, _____,
pledge that during screen-free week at
Ames Elementary School, I will only use
screens when they are required for school.
I will not:

1. Watch TV or Videos
2. Play games on electronic devices
3. Surf the web
4. Use social media

Signed: _____

Parent signature: _____

Teacher name: _____

Pledge Card

I, _____,
pledge that during screen-free week at
Ames Elementary School, I will only use
screens when they are required for school.
I will not:

9. Watch TV or Videos
10. Play games on electronic devices
11. Surf the web
12. Use social media

Signed: _____

Parent signature: _____

Teacher name: _____