

## **TVTurnoff Week is Coming Up!!!**

**THE STONELEIGH PTA CHALLENGES ALL STONELEIGH ELEMENTARY STUDENTS TO MARK THEIR CALENDARS FOR APRIL 19-25, 2010 AND KEEP THE TV OFF THAT WEEK.**

**Children who meet the challenge will receive a reward when they turn in the attached NO-TV voucher signed by a parent.**

Over 70 national organizations including the American Medical Association, American Academy of Pediatrics, National Education Association, and President's Council on Physical Fitness and Sports support demonstrating to children that they can live without TV for a week.

The Stoneleigh PTA offers an annual TV Turnoff week challenge because excessive TV watching:

- harms children's reading skills both by displacing them from their daily lives and by affecting how they learn to process information, and
- contributes to childhood obesity and lack of heart health.

Stoneleigh Elementary School parents who have supported the challenge report many successes.

- *We did it! My son wakes up real early everyday and likes to watch Sports Center. He learned to read the sports page a lot more this week.*
- *It was hard for them, but they managed. They gave up the Wii for the week!*
- *My son balked at first, but found lots of alternative activities – which got us all moving! A full day of the stomach bug on Saturday was a tempting excuse - but he was committed to the cause. Today (Sunday) he cleaned up the basement playroom without prodding or assistance. What a wonderful experience for me (and the rest of the family).*
- *We extended this to all screen time as computer use is more popular than TV watching in our household.*
- *My daughter found herself reading more books and got ideas for creating pictures. She was also faster in completing tasks and chores.*
- *Fourth year we have participated. Luckily we had great weather and spent good time together as a family playing outside, taking walks and playing board games.*
- *We don't watch much TV, but we do watch videos. It was hardest on me. My kids did not miss it at all.*
- *My son enjoyed finding alternatives to TV: playing outside (golf and baseball), fishing, trains, art and talking. We are very proud.*
- *This was great! It was actually a lot easier than we thought it would be. The whole family enjoyed this experience.*

### **Some suggestions for getting through the week:**

1. Send the kids outside. If they need inspiration, download a NWF activity from the PTA Website: 5 involve observation of animals and 3 are crafts.
2. Make a list of all the things you love to do besides watching TV and keep it posted somewhere. Help your kids make lists and post them too.
3. Take photos of your children doing creative things and keep them visible. Display their art work!
4. Get their hearts pumping during their favorite shows: Go for a walk, run or bike ride and, if it rains, freeze dance, play charades, or make a home gym with canned soup or veggies for weights.
5. Have older children keep a journal of their "withdrawal" - makes for good reading in a couple of weeks!
6. Be patient. If you can live through 20 minutes of whining, your children WILL find something to do. "When forced to entertain oneself, one gets quite creative."

# ***NO TV VOUCHER***

**(Turn in to your homeroom teacher or drop it off at the school office.)**

My child / children successfully kept the TV OFF the week of, April 19-25!

Name

Grade

Homeroom

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Parent's signature

Date

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Parent Comments: \_\_\_\_\_

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