

# COMMACK UNION FREE SCHOOL DISTRICT

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## Log Off, Turn Off and Go 2019



April 2019

Dear Parent/Guardian:

Once again this year, Wood Park Primary School will be participating in Log Off, Turn Off and Go Day on Monday April 15, 2019. This day is a nationwide event endorsed by the American Academy of Pediatrics, the National Education Association, and the American Medical Association. It is celebrated by schools, families and other civic and community groups each year. On LOTO Day, millions of children and adults pledge to spend the day screen-free. Instead of watching TV or playing a video game, they read, exercise, work in their communities or spend time with family and friends.

Studies show that children who watch less TV are more likely to read well and to be physically fit. Turning off the PC and the tube also allows for more family time. In the course of a year, American children spend more time in front of a television than in school. Children six and under spend an average of two hours a day using screen media, about the same amount of time they spend playing outside, and well over the amount they spend reading or being read to (39 minutes). We think that Log Off, Turn Off and Go Day 2019 is a great way to jumpstart our kids into more reading, learning and active play. It's also a lot of fun!

On April 15th, we would ask for your support of our efforts. Many families choose to join their children by keeping the TV and computer turned off all day long. This kind of support is the best thing you can do to ensure that your child will have a successful and beneficial experience. However, just modifying your TV/electronics routine would be wonderful too. Limiting TV to one special program, or designating two screen-free hours that day are just some modifications you might consider. Another idea might be to replace family movie night with family game night. Any way you participate will be time well spent.

Check below for a list of Screen-Free Activities for your family.

Thank you for your support.

Sincerely,

*Michelle Collison*

MC:ld

# I'm Unplugged!

## ALTERNATIVES TO SCREEN-TIME

1. **Game Nights**...pick one night (ideally the same night) every week, pick a board game and get everyone around the table...make a night of it. With all the different board games, card games and puzzles out there, this should keep you busy for a few years.
2. **Hobbies**. Do you collect things; do you like to make things? Explore the world of crafts and find something that strikes your interest. Then, dedicate one evening or day during the weekend to your new project. If you like cooking, model car or ship building, stamp or coin collecting, painting, sculpting, creative writing, poetry slams...this is the time to try it. So go for it!
3. **Exercise program**. This is not for a week, a day or even a month...this is for the rest of your life. You want to feel good, look good and be healthy? Then start slowly and build up. You can gain strength, flexibility and do things you never thought possible.
4. **Take a class**. Make the time on weekends to develop skills you have always wanted...learn to play an instrument, study a foreign language, learn to paint or draw. There are so many things to do and you can find a lot of these opportunities in your own backyard.
5. **Volunteer**. Many local and regional organizations need your support. Donate an hour or two per week, or more, to a cause you believe in. Participate if they have a walk or run...help plan it! Get yourself involved and make a difference to the organization, your community and in you. Who knows, maybe you can get the entire family to join in?
6. **Plant a garden**. Fresh vegetables, fruits and flowers can add a great deal to your yard and your dinner plate. Find a small plot of land, plant things you like or always wanted to try...keep the weeds from taking over and if you include a pumpkin, you will be all set for Halloween.
7. **Start or join a club**. This could be scouting, swimming, skiing, hiking, drama, singing, youth group, library group, tennis...the list goes on and on. To start your own club or group, all you need to do is enlist a friend or family member, get them to bring one other person along...and it will continue to grow.
8. **Reading night**. Get the family to sit down and either read quietly, or better yet, each week have someone else read something aloud, something that they think everyone else will enjoy...a different author, writing style, topic each week. Another way to do this is to pick a book everyone wants to read, and have a different person read a few chapters each week. Like with game night, it helps if it is on the same night each and every week...so nobody forgets!
9. **Daydream and get bored**. This is when we use our imagination, where our fantasy lives are born. It is okay to have downtime, a place to let your brain go wild and create its own stories and tales. Some daydreams you might want to write down, after all, all the great artists, writers, actors, musicians had to have time to create. They needed time to let their brains wander...so do you!
10. **Project**. Start a family, school or neighborhood project, one that will keep you active and involved and help build stronger bonds. It could be cleaning up a deserted lot, raising money for a new playground, clothing, a book or food drive, a plan to save an old building or important piece of your town's history. It could be to put on a show for the neighborhood. Projects can be to improve the environment, make things safer, entertain or just something that gives people a good reason to spend time together. Be creative and enjoy.