

COMMACK UNION FREE SCHOOL DISTRICT
Commack, New York 11725

Rolling Hills Primary School
25 McCulloch Drive
Dix Hills, New York 11746

Jessica Santarpia
Principal

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April 10, 2019

Dear Parents/Guardians:

This year, Rolling Hills Primary School will be participating in Log Off, Turn Off and Go Day on Monday, April 15, 2019. This 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, and spend time with family and friends.

Studies show that children who spend less time watching TV are more likely to read well and to be physically fit. Turning off the computer and the television also allows for more family time. In the course of a year, many American children spend more time in front of a television than in school. Children six years and younger 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 of time they spend reading or being read to. We think that Log Off, Turn Off and Go Day 2019 is a great way to promote more reading, learning and active play! It is also a lot of fun!

The Log Off, Turn Off and Go event is a great day to encourage our children to increase the time they spend reading and engaging in active play. Many families choose to keep the TV and computer turned off all day or limit TV time to one special program or to a few screen-free hours that day. Another popular idea is to plan a weekly game night as another family tradition. Any way you participate will be time well spent!

We thank you and appreciate you support.

Sincerely,

Jessica Santarpia
Principal