

I, \_\_\_\_\_, GRADE \_\_\_\_ Teacher \_\_\_\_\_ am participating in ...

Screen-Free Week 2019 I pledge to:

1. Watch no TV, play no video or any other electronic games, and don't use the computer except for word processing or school-assigned research.
2. Encourage my friends and family to watch no TV during the week.
3. Explore new, TV-free activities.
4. Have fun!

I DID IT!!!  
I DID IT!!



I was screen free on March 18 (parent signature) \_\_\_\_\_

I was screen free on March 19 (parent signature) \_\_\_\_\_

I was screen free on March 20 (parent signature) \_\_\_\_\_

I was screen free on March 21 (parent signature) \_\_\_\_\_

I was screen free on March 22 (parent signature) \_\_\_\_\_

If you are screen free for 5 days you will receive a **super cool expandable/collapsible Monroe water bottle** at school and your name will be entered in a drawing for 2 Hershey Park passes. One winner will be drawn K-2 and one winner 3-5. The Hershey Park passes will be given in May after we do our school wide Hershey Park ticket sale. **Please contact Diane Shaffer at [dishaffer24@hotmail.com](mailto:dishaffer24@hotmail.com) with any questions!**

**FORMS ARE TO BE RETURNED TO YOUR TEACHER ON MONDAY, MARCH 25TH.**

#### **NEED SCREEN FREE WEEK IDEAS?**

You can check SkyZone for some family deals, go out for some frozen yogurt, have some great conversations with friends & family at a local restaurant, head out to your local library, or round everyone up for some midweek bowling! In addition, the Knowledge a Thon Dinner is on Wednesday for those that scored 100% on their test & we will be having a Family Night Skating Party at Carlisle Sports Emporium on Thursday (more details to come). So put down the tablet, phones, & TV & head out for some screen free fun!