Goosehill Primary School
Weekly Notes- May 1, 2015

Dear Parents,

Next week (May 4-May10) is <u>National Screen-Free Week</u> (formerly known as "TV-Turnoff Week"), an annual event when children and families are encouraged to unplug from digital entertainment and spend time playing, reading, creating, exploring, and connecting with each other.

While technology is a powerful and important tool, we need to be mindful of the need for balance in children's lives. As a school community, we appreciate the benefits of technology. In fact, we support the position statement of *The National Association for the Education of Young Children,* which concludes that "when used properly and sparingly by trained adults so as not to replace activities such as creative play, real-life exploration, physical activity, outdoor experiences, conversation, and social interactions," <u>technology can enhance children's learning and development</u>.

The most important thing is for parents to be aware of how much time their children spend using tablets, e-books, TV, apps, digital games, and videos. The American Academy of Pediatrics recommends limiting screen time for young children to no more than one to two hours a day. (None for children under 2)

I hope you'll consider taking the "screen-free" challenge in some form next week. You might decide as a family to be screen-free for a few days, or limit screens to 30 minutes a day. Don't worry that your children may be bored if they have nothing to do. Having "nothing" to do is actually good for children! They need time to doodle on the driveway with sidewalk chalk, build a tent with sheets in the living room, make mud pies, or create a kingdom with cardboard boxes. Give your children the gift of time…to explore, play, and even daydream.

Enjoy the beautiful weekend!

Warm regards,

Lynn Herschlein

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