



# TV TURN OFF WEEK

## April 20-25

Dear Parents,

We have invited your children on a no TV challenge for the week of April 20-25 in support of National TV Turn Off Week. Research findings suggest that television/ screen time in large amounts is one contributing factor to health problems such as; obesity, diabetes, poor academic achievement, poor social skills, low self-esteem, and a lack of creativity. In contrast those children who reduce their screen time read more, exercise more, can be calmer, and have an easier time with school.

We hope that your children will enjoy this time with no TV to play outdoors, read, be creative, go for a hike or to take pleasure in whatever activity they enjoy. Each day that your child is successful, they can enter the daily raffle at school for a few cool surprises.

Good Luck with this fun challenge and we would love to hear how your children and family spent your time with no TV. Just send a quick email to [info@pcs-pto.org](mailto:info@pcs-pto.org).

Have fun,  
The PCS-PTO

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Just a few facts:

- \*Number of 30sec. Commercials seen in a year by an average child: 20,000
- \*Hours per year the average American youth spends in school: 900 hours
- \*Hours per year average American youth watches television: 1500 hours

Some Alternative Activities to TV

Put together a puzzle, visit the library, visit the zoo, paint a picture or decorate your room, go for a hike, read to a younger sibling or friend, plan a picnic, learn to cook a new recipe, plant a garden, start a neighborhood game of kickball, start a journal, play cards, make a craft to give as a gift, go fishing, begin a family project, look at family photos.