

Wellness Committee Newsletter

April 2019

On **April 29th - May 5th, 2019** Coronado Unified School District will be celebrating Screen-Free week and we encourage all of our students to participate. Parents are welcome to join in the challenge too!

- During Screen-Free Week, millions of children and adults nationwide pledge to spend seven days screen-free.
- Studies show that American children spend more time in front of a screen than they do in school! Screen-Free Week is a great way to jump-start our kids into more reading, learning, and active play. It's also a lot of fun!
- Many parents choose to join their children in forgoing screen-based entertainment as this kind of support is the best thing you can do to ensure that your child will have a successful and beneficial experience.

Each student will receive a bracelet as a reminder to stay Screen-Free. In addition, each school site will be participating in their own set of Screen-Free activities. At the end of the week all students who participate will receive a free 100% fruit pop for a job WELL DONE! Check the website below the week prior to April 29th to see what activities each school site will be participating in. A special thanks go out to the ASB and Student Council students for their help in promoting this event!

<https://coronadousd.net/departments/food-services-student-nutrition/cusd-wellness-policy/>



**LISTEN TO THE RADIO.
WRITE A LETTER. SHOOT SOME
HOOPS. PAINT A PICTURE.
PLANT A GARDEN.
READ A BOOK. VOLUNTEER.
READ TO SOMEONE ELSE.
GO SWIMMING.
MAKE A PUPPET SHOW.
REDECORATE YOUR HOUSE.
MAKE COOKIES. PLAY TAG.
HAVE A GARAGE SALE.
FLY A KITE. GO FOR A HIKE.
PLAY CARDS. MAKE A FORT.
HAVE A DANCE PARTY.
START A ROCK BAND.
BIKE RIDE. WRITE A PLAY.
VISIT THE ZOO.**

**WHAT ARE YOU DOING FOR
NATIONAL SCREEN-FREE WEEK?**



For more information, please visit: <https://www.screenfree.org>