



# Montessori Messenger



Volume 7, Issue 13

Love of Learning Montessori School

Friday, April 17, 2009

## Unplug Your Kids for National TV Turn Off Week!

### Why Turn Off?

Screen Time cuts into family time and is a leading cause of obesity in both adults and children. Excessive use of screens for recreational purposes leads to a more sedentary and solitary lifestyle and that is unhealthy for all of us, both mentally and physically.

In the US and other industrialized nations around the world, screen time use continue to increase every year. The average daily usage for all screens, in some countries, has reached 9 hours per day. This is for recreational use of screens and does not include work time.

On average, people watch 4 hours of television and then spend another 4 plus hours with computers, games, video, iPods and cell phones. According to Nielsen, the average World of Warcraft gamer plays for 892 minutes per week! The company that owns Second Life (a virtual world) claims that its users spent over 1 million hours on line. These statistics hold true for children directed sites as well, including Webkinz and others.

Former US Surgeon General Dr. David Satcher said at the Kick Off of Turnoff Week 2001, "We are raising the most overweight generation of youngsters in American history...This week is about saving lives."

### Who Participates?

Anyone and everyone. Millions of people around the world participate in Turnoff Week. Children and adults, rich and poor - people from every background and all walks of life - take part through schools, churches, or community groups, as families or individuals and even at work.

### What's So Great about Turnoff Week?

Turning off the screen gives us time to think, read, create, and do the things we never have time for. This allows us to connect with our families and engage in our communities. We feel good about ourselves as we grow more physically and mentally active.

### Turnoff Week Works!

According to hundreds of responses to our Turnoff Week follow-up surveys, 90 percent of responding participants reduced their screen time as a result of participating.

Join parents, teachers, pediatricians, families, friends and neighbors by celebrating Turnoff Week 2009, April 20th-26th.

Turnoff Week is supported by national organizations including the American Medical Association, American Academy of Pediatrics, National Education Association, and President's Council on Physical Fitness and Sports.

"I really didn't like TV-Turnoff Week except that I did notice that my grades went up and I was in a good mood all week."

- Second grader Drew Henderson, Donora, PA

For more information, visit the Center for Screen Time Awareness at <http://www.screentime.org/>



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MONTESSORI SCHOOL

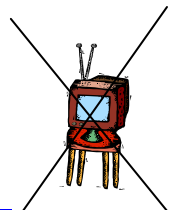
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"Inspiring a Passion to Learn"

Our Community



### SCHOOL PICTURE DAY Wednesday, April 22nd

Irvin Simon Photographers will be here on Wednesday, April 22, to take Individual as well as Class Spring Photos. If you would like to have individual photos of your child taken, PLEASE be sure to fill out your order form and return it with your payment BEFORE Wednesday, April 22nd, or your child may not have their photo taken. If you would like to order Sibling photos, please be sure to fill out a separate order form, and indicate on the package your children's names as well as what class they are in. **YEARBOOK ORDER FORMS are also DUE on Wednesday, April 22nd.**

Please remember to turn in your registration forms for Creative Kids Drama Program by Tuesday, April 21st! Program starts 4/23.

## Mark Your Calendars!

- Sat., Apr. 18 Date Night/Childcare 6-11pm
- April 20—26 National T.V. Turn Off Week
- Wed., April 22 EARTH DAY
- Wed., Apr. 22 Spring School Picture Day!!!
- Wed., Apr. 22 YEARBOOK ORDERS DUE!!!
- Wed., Apr. 22 Lower El Field Trip - "EARTH"
- Thurs., Apr. 23 First Day of Drama Classes at LOL
- Fri., April 24 PTO Bake Sale—Ms. Miriam's Class
- Fri., April 24 PTO Pizza Lunch
- April 27-30 3rd Years Standardized Testing
- Tues., April 28 PTO Meeting, 7-8pm
- Thurs., Apr. 30 Lower El Field Trip—Ft. McHenry
- May 4-7 6th Year Standardized Testing
- Thurs., May 7 Mother's Day Tea—CH & Inf/Todd (see your invitation for time)
- Fri., May 8 CH In-House: Super Scientific Circus
- Sat., May 9 Spring GARAGE SALE 8am-1pm
- Sat., May 9 Date Night/Childcare 6-11pm
- Fri., May 15 PTO Pizza Lunch
- Fri., May 15 Lower Elementary Overnight Trip to The Franklin Institute, Philadelphia
- Fri., May 22 PTO Bake Sale—Elementary
- Fri., May 22 **NOON DISMISSAL**
- Mon., May 25 **SCHOOL CLOSED: MEMORIAL DAY**
- Tues., May 26 PTO Meeting, 7-8pm
- Fri., May 29 Toddlers' Field Day
- June 1-4 Moving Up Week
- Thurs., June 4 Elementary Graduation, 7pm
- Fri., June 5 CH & EL: Father/Child Field Day
- Fri., June 5 **NOON DISMISSAL: LAST DAY**
- Fri., June 5 End of Year Carnival, 4-8pm