

Marsh School

February 2019

"The Sunshine School"



Sun Mon Tue Wed Thu Fri Sat

"I saw my 9-year-old daughter lying on the floor, just day dreaming. I immediately thought, 'Oh no, she is bored, maybe she could...' then I stopped myself and just let her lie there. She wasn't bored, just deep in thought. We don't always have to be *doing* something!" This calendar will help. For more be sure to visit www.screenfree.org and commonsensemedia.com.

1 Thank you for bringing your child to school every day by 7:45.



94% of US children have a TV in their bedroom even though bedroom TVs increase children's feelings of loneliness and isolation.

3 When addresses or phone numbers change, please notify the office so we can update your child's emergency card.

4 It's easy to obsess about what we are giving up when we stop using our screens. Ask instead, what can we add in? A walk? A board game?



6 Read *The Berenstain Bears and too Much TV* for inspiration.



8 Stay up to date on District events with the Monte Vista app on your phone!

10 Kids get more sleep, do better in school, behave better and see other health benefits when parents limit TV time.



12 Do yard work together and the kids will work harder, and become more bonded to you.

13 Help your child understand how advertising works. Talk about how commercials make us feel unhappy without buying something.



15 Be a role model. Create one media-free night at home and stick to it. Discover how much time there is for fun!



18 Save those big boxes for your child's creativity! *Not a Box* is a fun kids' book with great ideas.

19 Child to Parent: "Stop playing on your phone! Play with ME!" (true story)

20 The average US home has 2.5 people and 2.8 televisions.

21 PARENT-TEACHER CONFERENCES
No school for Marsh students!



23 Make a list of your child's favorite screen-free activities and post it on the refrigerator.

24 Fly a kite. Buy a bird feeder. Visit a relative. Make a scrapbook. Go to the Sand Dunes. Blow bubbles.

25 Marsh Improvement Team Meeting 11:15 Marsh Conference Room

26 Find amazing and cheap art activities at artfulparent.com



28 Five minute mood lifter: turn on the music and everybody dance!

Do more, watch less...
Together!