



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!"
www.screenfree.org

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



2 Kids will enjoy helping gather art supplies into a box, creating a costume area, pumping up bike tires and anything else that makes playing easier.

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

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



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



9 Teacher Collaboration Day



10 54% of US children have a TV in their bedroom even though bedroom TVs increase feelings of loneliness and isolation in children.

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



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



15 Save boxes and give them to the kids with paints and markers to create a house, car, space ship, boat.

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



19 Marsh Improvement Team Meeting 11:15 Marsh Conference Room

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

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

22 Turn on the music and dance. Everyone will feel less stressed in one minute!



24 You're never too old, too wacky, too wild, to pick up a book and read to a child.
-Dr. Seuss

25 Fly a kite. Buy a bird feeder. Visit a relative. Make a scrapbook. Go to the Sand Dunes. Blow bubbles. Watch the sun set.

26 **27**
Do more, watch less... Together!

28 Tomorrow, March 1st, is Parent-Teacher Conference Day —No School for Marsh students only

Imagine watching TV for 75 days in a row, 24 hours a day. That's how much TV the average person watches over the course of a year NOT COUNTING time spent on video games, phones and computers! The average consumer spends 3,530 hours with some form of media. That is 147 24-hour days a year or 40 percent of our time on the planet. (Media Education Foundation—media.org)