

Return this half to the library *immediately!*

Return to CE&MS Library by **April 12**

Turn over ----->

SCREEN-FREE Contract

Keep for reference – return other half

Screen Free Week **2019** April 28-May 3

*Know ye, all men, women, children & pets:
By this contract for full and due consideration,
all who sign below hereby agree to all terms
and conditions set forth below:*

You and your whole family are invited to participate in SCREEN FREE Week sponsored by the Chilton Public Schools Library Media and Physical Education Departments, and the Chilton PTA. We are promoting **Screen Free Week** sponsored by the **Campaign for a Commercial Free Childhood** www.commercialfreechildhood.org, an organization that encourages Americans to reduce, voluntarily and dramatically, the amount of screen time that they participate in, in order to promote richer, healthier and more connected lives, families and communities.

1. That s/he shall not view any SCREENS for one entire week. S/he will not engage in any screen-related activity such as television, DVDs, video-games, computers, tablets, social networking sites, phones, or texting.
2. That s/he will participate in other activities, and not weep, whine, and moan the entire SCREEN FREE WEEK.
3. That said person(s) named below will write down thoughts and ideas which pass over one's brain regarding life changes due to the lack of electrical entertainment.
4. **Parents are especially encouraged to participate and make this a family effort. Children learn best by example!**

We ask that you reassess the role SCREENS (TV, DVDs, video-games, computers, social networking sites, phones and texting) play in your daily lives as entertainer, baby-sitter, time filler, sales force, and background noise. **SCREEN FREE WEEK** is about having more fun and turning "on" your life. It's an opportunity to rediscover the wide range of free and low cost activities that make life productive, rewarding and fun.

*The contract will be effective from **April 28-May 3, 2019.**
One contract per family.*

We encourage your whole family to participate in this experiment and leave your screens off for the entire week.

Participants will receive one survival kit per family. The survival kit will contain the SCREEN FREE Week schedule, statistics to ponder, a list of substitute activities, and other surprise items.

This is a brief agenda of scheduled activities for **SCREEN FREE WEEK**:

| STUDENT or PARENT PARTICIPANT | GRADE | TEACHER |
|-------------------------------|-------|---------|
| | | |
| | | |
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| | | |
| | | |
| | | |

SUNDAY - Design your *COUCH POTATO!* Cardboard Challenge. 1-3:00 p.m.
CMS Gym

MONDAY - Create And Read Evening. 6 - 7:15 p.m.
CE&MS Library

TUESDAY - Read Around the School. 5:30 – 7:30 p.m.
CES Cafeteria & classrooms

WEDNESDAY - Family Dinner & Game Night at home with your family

THURSDAY - Ledge View Nature Center. 6:30 - 7:30 p.m.
Ledge View Nature Center
\$4 per person

FRIDAY - Family Swim Night. 5 – 8:30 p.m. CE&MS Pool

Parent signature: _____

Phone number: _____

e-mail: _____

◇ Parental signature allows any photos taken to be used for publicity purposes.

*You may attend these activities even if you do not sign up for SCREEN FREE Week.
If you are participating, you aren't watching a screen!*

Help us plan...

Please write the *number of people* planning to attend or participate in the following activities.
An adult must chaperone children at all events.

- _____ **SUNDAY** Couch Potato Design
_____ **SUNDAY** Cardboard Challenge **1-3:00 p.m.**
_____ **MONDAY** Create and Read Evening **6-7:15 p.m.**
_____ **TUESDAY** Spaghetti Dinner & Read Around the School
5:30-7:30 p.m.
_____ **WEDNESDAY** Family Dinner & Game Night
_____ **THURSDAY** Ledge View Nature Center **6:30-7:30 p.m.**

_____ **(ADULTS only)**

I volunteer to help at Ledge View Nature Center.
I'll be there at 6:00 p.m. on Thursday

name of adult volunteer

phone number of adult volunteer

e-mail of adult volunteer

- _____ **FRIDAY** Family Swim Night **5-8:30 p.m.**
Pick one session:
_____ 5:00-6:00 p.m.
_____ 6:15-7:15 p.m.
_____ 7:30-8:30 p.m.

If son/daughter is enrolled in a youth organization,
he/she may earn *one patch per level* by participating.

CIRCLE: CYC / Boy Scouts / Girl Scouts / 4-H

-Cub (Grades 1-5)
-Boy (Grades 6+)

-Daisy (Grades K-1)
-Brownie (Grades 2-3)
-Junior (Grades 4-5)
-Cadette (Grades 6-8)

First Name _____ Troop/Grade # _____ Leader _____

First Name _____ Troop/Grade # _____ Leader _____

First Name _____ Troop/Grade # _____ Leader _____

Events

Couch Potato Design Contest - **SUNDAY**

Find a potato! Decorate it! Display it in the library!

Cardboard Challenge - **SUNDAY**

Create And Read Evening - **MONDAY**

Join us at our library for reading, snacks, and makerspace activities...

Read Around the School - **TUESDAY**

Spaghetti dinner & participate in two reading activities
Sign up for two sessions in the CES Cafeteria @ 5:30 p.m.

REGISTRATION REQUIRED

Family Dinner & Game Night - **WEDNESDAY**

Enjoy a quiet evening at home, eating & spending quality time playing outside or with card & board games with your family.

Ledge View Nature Center - **THURSDAY**

Create a recycled bottle bird feeder...

Family Swim Night - **FRIDAY**

Free swimming.

Take advantage of our pool and have fun!

Pre-School & Kindergarten students need to have an adult in the water with them at all times!

Only students who can swim the width of the pool without stopping may swim in the deep end and use the diving board.

***** SAFETY FIRST *****

SCREEN
FREE
WEEK!



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