



Dear Parents:

Once again, our **"TV TURN-OFF"** is about to begin. National TV Turn Off Week is scheduled for April 19-25. We participate in this each year to discourage excessive TV use in the home and encourage alternative leisure activities.

Timothy's TV Turn-Off is for 1 week. To participate, your child must not watch TV for seven consecutive days from April 19-25.

There are, of course, some rules for your child.

1. Television watching is (obviously) prohibited.
2. Using the TV for Nintendo, Playstation, Game Cube, etc. is prohibited.
3. Playing with Hand-Held games (i.e.: Game Boy, etc.) is also prohibited.
4. Use of the VCR to watch movies is **not** allowed.
5. Use of your computer for **educational** activities is allowed and encouraged.

The reward is a two hour Skating Party during school hours (on May 20th).

We want you to encourage your children during "TV TURN-OFF" and help them find alternative things to do besides watching the "tube". There are some suggestions on the attached sheet. There are also some media-use guidelines for parents to look at.

When you do turn the TV back on again, please watch and review what your children are viewing. It can be an excellent medium for your children with the appropriate supervision.

The Elementary School Faculty

Return to classroom teacher by Friday, April 29th.

My child _____ participated in T.V. Turn-Off by not watching TV from April 19-25.

Parent Signature: _____

Date: _____

Alternative Activities for TV Turn-Off

1. A Family Read-Aloud Night (Read aloud a sequel to one of the novels that your class has read. Or, read another book by the same author.)
2. Family Game Night - haul out Scrabble, Yahtzee, Monopoly, Risk, Sequence, Connect Four, etc....
3. Go on a walk with your family, or go to a park and throw a frisbee
4. Take a trip to the library.
5. Go on a bike ride with your family - (Dairy Queen or TCBY are fun stops to make along the way!)

MEDIA USE SUGGESTIONS

1. Be alert to the shows your children see. These suggestions are important for all children, and most important for young children; the younger the child, the more impressionable he or she is.
2. Avoid using television, videos, or video games as a babysitter. It might be convenient for busy parents, but it can begin a pattern of always turning to media for entertainment or diversion. Simply turning sets off is not nearly as effective as planning some other fun activity with the family.
3. Limit the use of media. Television use must be limited to no more than one or two quality hours per day. Set situation limits, too: no television or video games before school, during daytime hours, during meals, or before homework is done.
4. Keep television and video player machines out of your children's bedrooms. Putting them there encourages more viewing and diminishes your ability to monitor their use.
5. Turn the television off during mealtimes. Use this time to catch up and connect with one another.
6. Turn the television on only when there is something specific you have decided is worth watching. Don't turn on the TV to "see if there's something on". Decide in advance if a program is worth viewing. Identify high quality programs, using evaluations of programs in your selection process.
7. Don't make the TV the focal point of the house. Avoid placing the television in the most prominent location of your home. Families watch less television or play fewer videos if sets are not literally in the center of their lives.
8. Watch what your children are watching. This will allow you to know what they're viewing and will give you an opportunity to discuss it with them. Be active; talk and make connections with your kids while the program is on.
9. Be especially careful of viewing just before bedtime. Emotion-evoking images may linger & intrude into sleep.
10. Learn about movies that are playing and videos available for rental or purchase. Be explicit with children about your guidelines for appropriate movie viewing and review proposed movie choices in advance.
11. Become "media literate". This means learning how to evaluate media offerings critically. First learn yourself and then teach your children. Learn about advertising and teach your children about its influences on the media.
12. Limit your own television viewing. Set a good example by your moderation and discrimination in viewing. Be careful when children are around and may observe material from "your" program.
13. **Let your voice be heard.** We all need to raise our voices so that they are heard by program decision makers and sponsors. We need to insist on better programming for our children.



Turn off TV, Turn on Life