

What is Screen Smart Week ?

Screens play an important role in our lives and help us do many things. We communicate, learn, explore, create, photograph, share, and connect using screens. However, there are also some screen-based activities that are more passive like sitting in front of the television for long periods of time. Greenwood is participating in the Screen Smart Program to support families as decisions are made about healthy, balanced lifestyles. It's important to note that "screen time" for the purposes of this project does NOT include time spent completing homework, conducting research, being interactive/social, or creating. We're primarily talking about the more passive "screen time" activities like television or consuming DVD or video content. Balance is important in all of these areas, but we wanted to clarify that there is value in some activities that require screens.

Screen Smart week raises awareness about the importance of balance in life and screen time choices we all make. To facilitate awareness and reflection we are encouraging students to track three days of their time using screens. If children are using screens more than the recommended 2 (two) hour daily maximum, families could use this information to guide conversations about other healthy alternatives and/or recreational activities. One positive change that Mr. Gustafson's family made three years ago as part of Screen Smart week was to remove the television from the family room; to this day their family room remains "TV-less." The decision was life-changing and his family now uses the family room to play games, talk, read books and wrestle. It's awesome! ☺

For more information about Screen Smart Week, contact Chrissy Whittman at chrissy.wittman@gmail.com.

For information about how students can use screens in a responsible and interactive way to support learning please contact Mr. Gustafson anytime.

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