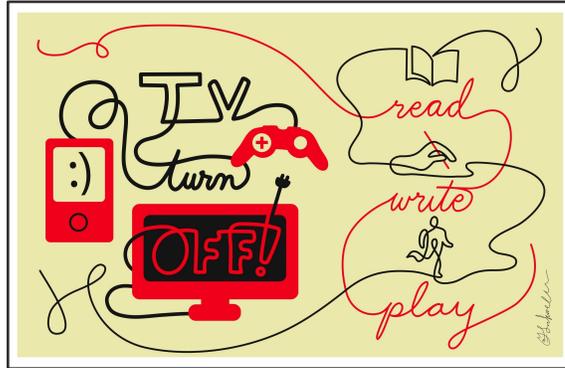


“... reinforcing school work and playing games with the TV off” First grade parent, 2012-13

... or slips, but [my son] is very proud of his accomplishments and so are we.”  
First grade parent, 2012-13

# It's TV Turnoff Time!



You know the school year is truly underway when Tuscan is ready and “*roaring*” to go with the *Ultimate TV Turnoff Challenge*! It’s hard to believe that this is our **thirteenth** year.

This voluntary program helps students to evaluate their screen-time habits and decide what’s worth watching and doing on screen. It celebrates a well-rounded lifestyle, and encourages constructive values like setting goals, determination, creativity, and resourcefulness.

Be on the lookout for the official TV Turnoff flyer. Starting *this week*, it will be sent home with classes as they visit the library this week. It explains our three levels of participation: gold, silver, and bronze.

Once the completed form is returned (signed by both student and parent), a follow-up letter will be sent to participants that offers some helpful hints to them and their families.

Remember that, with TV Turnoff, it is more important to follow the spirit of the law than the letter of the law. Do we have days when we fall off the wagon? Sure, we’re only human. My rule of thumb is, make sure students meet the criteria of the gold, silver or bronze level **90%** of the time. The program is to help children foster an active lifestyle, which includes engaging their minds in assessing as well as receiving information. In the twenty-first century, screen time is part of life. It is the quality and quantity of screen time that is important.

The spirit of the program is to help our students develop the mindset for learning; it also encourages them to be more physically active, to read, to imagine, and to play.

“It was really, really hard but I did it!” Third grader, 2012-13

“I’m motivated to be active and/or productive when not watching television.” Fourth grader, 2012-13