

Pause to Play Announcements

Wednesday(week before Pause To Play start):

Pause to Play is coming to our school on Monday, _____. We know it's hard to be 100% screen free. We all need to learn how to balance our screen time with activity. Students will have the chance to track their physical activity and their screen time on a log sheet. The log sheet will help you see how much time you spend being active and how much time you spend in front of screens. In order to stay healthy, we need to sit less and move more. So let's get up and get our hearts pumping!

Thursday(week before Pause to Play start):

Did you know...?

Experts say that children and youth should have no more than 2 hours per day of recreational screen time. On average Canadian children and youth spend 6-8 hours a day viewing screens. That's a lot of time sitting down and not moving.

Pause to Play starts on Monday, _____. For 7 days students will record the time they spend watching screens along with the time they spend on physical activities. The goal is to increase your physical activity. You don't have to do this all at once, but by participating in a variety of physical activities your time can add up quickly! Remaining active helps to keep us healthy, happy, alert and ready to learn.

Friday (week before Pause to Play start):

For a healthy body, you have to keep moving! This can be as simple as getting up out of your chair and doing a quick stretch, or standing while reading a book. There are plenty of opportunities every day to reduce your sitting time. Let's do it! We start **Pause to Play** on Monday.

Monday(1st Day of Pause To Play)

Did you know that active children do better in school, have a positive self-esteem and healthy hearts? Increase your amount of daily physical activity by cutting down on the amount of screen time. Instead of watching TV after school, why not call on a friend to join you on a walk with your dog or go for a bike ride. Today is the first day of **Pause to Play**. Start graphing on your log sheet today!

Tuesday(2nd Day)

Did you know?

You need to do activities that are fun and get your bodies moving and hearts pumping. Try to mix it up with lots of different activities and do it with friends and family. Remember **Pause to Play** is happening until _____. Don't forget to keep track of your screen time and physical activity time.

Wednesday (3rd Day)

Today is the 3rd day of **Pause to Play**. Decrease your time in front of the television or computer by 30 minutes every day. If the TV or computer goes on at 6:30 in your home, why not change that to 7:00. Set ½ hour aside every night with your family to do something together. Try reading for ½ an hour before going to bed instead of watching TV. There are many things you can do. What ideas do you have?

Thursday (4th Day)

Did you know...?

A great way to be more active is to walk or ride your bike to school. It can be lots of fun, a great way to get minutes. When we have less cars dropping off and picking up children, it's better for the environment too! Gather up a group of friends and walk or bike to school together.

Friday (5th Day)

We all love our computers, video games and television. These things can be fun and educational too, but to have a healthy body we all need to be active. Have you been keeping track of your screen time and physical activity time?

The last day of **Pause to Play** is Sunday. It is important to get moving every day.

Monday

Congratulations to everyone who participated in **Pause to Play!!** I hope you had fun being more active. Please return your log sheet to your teacher by _____.

Tuesday

Pause to Play may be finished but that doesn't mean you have to return to old habits. Remember how much fun you had last week. Keep up the good work and remember to be active every day. Get up, change positions, do a stretch, do a few skips and jumps. Try to get your heart pumping and that blood flowing. Today is the last day to hand in your log sheets to your homeroom teacher. For more information and the complete Toolkit visit www.healthunit.com