



NEWSLETTER INSERT

Pause to Play

For 7 days in _____, students will be keeping track of time spent being active and time spent viewing screens while participating in

Pause to Play

Each student will receive a log-sheet to **track their screen time and their physical activity.**

Students are encouraged to build more physical activity into their day and to reduce the time they spend sitting in front of a screen.

The goals are: to increase a child's physical activity to at least **60 minutes of energetic play** per day; reduce recreational screen time to no more than **2 hours** per day; and limit sitting for long periods.

