

Dear Families,

We would like to challenge your family to participate in a technology free week, “Technology Time Out” from January 30th-February 3rd. As parents I am sure you have had your share of disagreements and struggles when it comes to the use of technology in your home. Once a child is immersed in the world of TV, video games and texting, it is difficult to turn his/her attention toward anything else!

Your first thought may be anxiety or fear since society is quite dependent on technology tools for both work and play. However, this is a good opportunity to discuss expectations and rules with your child regarding the benefits and costs of social media. Much of our time is spent on phones, the internet and video games. Put the phones away, the video games on hold and even possibly turn off the television or at least set more stringent limitations during Technology Time Out time. This challenge is for your child, yet, *you* may participate as little or as much as you wish. Your child is encouraged to only use technology this week if it involves school related activities.

If you would like a formal contract for and your family to discuss and sign, I have posted these on my webpage under the tab More: Internet Safety. One version is for Grade 2 and below and the other is more specific for the older grades. Please sign form below and return to school. Your child will receive a pledge card to sign which will be hung on the classroom door to show participation. Good luck and enjoy your technology free family time!

Fondly,

Megan Arivella

School Counselor

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My child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will participate in the Technology Time Out Week.

Please check the circle(s) that apply:

* + My child will participate in Technology Time Out Week.
	+ My child is not planning on participating in this break from technology.
	+ Our family has utilized the social media contracts.
	+ Our family has discussed the importance of using technology safely.
	+ I would like more information on Internet Safety.