**Date of Release:**

**[date]**

**Contact:**

**[name, number, email]**

**School Community Goes Screen-Free on Saturdays!  
*[Who you are]*** *prioritizes student wellness by taking a weekly break from digital entertainment*

**[city and date]** — Unplug to recharge! [Screen-Free Saturdays](https://www.screenfree.org/saturdays/), hosted by the nonprofit [Campaign for a Commercial-Free Childhood](https://commercialfreechildhood.org/), celebrates taking **one day of the week, every week** to turn off devices in favor of connection, reflection, and quality time during the pandemic.

**Describe your school campaign/event here. Feel free to add a quote from a school leader about what you’ll be doing and why it’s important to children. Here are some sample prompts to help get you started:**

* **Before the school year, our school gathered parents, teachers, and students to talk about how we wanted to celebrate. . .**
* **Our school community decided to encourage families to celebrate Screen-Free Saturdays because..**
* **During Screen-Free Saturdays, we pledge to . . .**
* **We have planned the following activities . . .**
* **Our hopes are that Screen-Free Saturdays will help us to . . .**

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