**Sample Screen-Free Week Parent Letter & Permission Slip**

Dear Parent,

On (DATES), your child’s class will be participating in Screen-Free Week. Screen-Free Week is a nationwide event sponsored by Campaign for a Commercial-Free Childhood and celebrated by schools, families, and other civic and community groups each year. During Screen-Free Week, millions of children and adults pledge to spend seven days screen-free. Instead of watching TV or playing video games, they tend to read, play, think, create, get physically active, and spend more time with friends and family.

Studies show that children who watch less TV are more likely to read well and to be physically fit. Turning off screens also allows for more family time. Each week, American children spend more time in front of a screen than they do in school! Screen-Free Weeks is a great way to jump-start our kids into more reading, learning, and active play. It’s also a lot of fun!

Many parents choose to join their children in forgoing screen-based entertainment all week long and engaging in other fun activities. This kind of support is the best thing you can do to ensure that your child will have a successful and beneficial experience.

Please ask me if you would like more information about the effects of excessive screen time for children and about Screen-Free Week. You can also learn more by visiting [www.screenfree.org](http://www.screenfree.org). Please return the permission slip below to let me know if your child will be participating.

Sincerely,

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Screen-Free Week: (DATES)

Student’s Name:

Teacher’s Name:

Please check the appropriate box(es):

\_\_\_ Our whole family will participate in Screen-Free Week.

\_\_\_ Let me know how I can support the group effort!

\_\_\_ Just our child will be participating. We will help him/her complete the program.

\_\_\_ Thanks, but we will not participate this year.