



SULLIVAN WEST ELEMENTARY

PTSO

Parent - Teacher - Student - Organization



Mini Newsletter

www.swptso.com

April 2009

Screen Free Week

April 20th - April 26th

Across the country, millions of children and adults will participate in Screen Free Week from April 20th through April 26th. The goal of this program is to promote a healthier and less sedentary lifestyle for you and your children. The SW Elementary PTSO has set up events at the school to help families take part in Screen Free Week. There will be no activities on Friday, April 24, so be sure to visit www.screentime.org for ideas on how to keep your kids screen free!

Parents are encouraged to share the Screen Free Week experience with their children. As parents, we are the number one influence on our children and it is shown that children learn best by example. By reducing your time in front of the screen (TV, computer, video games, etc) you become available to participate in your children's lives and in turn they will become more active participants in their own lives.

Did you know...

...The American Academy of Pediatrics recommends no television or videos for children two years and under, no more than two hours of total quality screen time for older children and no TVs in children's bedrooms.

...Youth today spend more time in front of the TV, video and computer than they spend on anything else besides sleeping.

...A recent study found that there were over 200 ads for junk food during four hours of Saturday morning TV cartoons.

...Studies show reducing television, videos, electronic games and recreational use of computers is a leading way to reduce obesity, increase literacy and standardized test scores and dramatically curtail acts of violence and bullying.

...Children typically witness 10,000 acts of violence on TV each year.

Be Active.

Be Healthy.

PTSO SPONSORED SCREEN FREE WEEK EVENTS:

Monday 4/20	The Brain Show Family admission only \$5!
Tuesday 4/21	Tie Dyed Shirts and "Music Live" with Tanya Cohen
Wednesday 4/22	Earth Day and Karate Demonstrations
Thursday 4/23	Pajama Night (stories, cookies & milk) and DVD & Book Swap

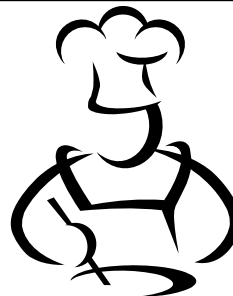
Further details will be provided in a flyer that will be sent home with your child!



Due to lack of response,
the PTSO will not be distributing
class directories this year. We
apologize to those who expressed
an interest.
Thank you.

Pro Prospects Baseball
is coming to Jeffersonville
this Summer!
More information will be
available soon!

ATTENTION BAKERS!



We are looking for
great bakers to assist
with teacher
appreciation week!
Contact Cathy Hart
at 482-4186 to find
out more!

Don't forget to visit WWW.SWPTSO.COM to download order forms for T-shirts, hats, folders, teddy bears and water bottles!