

Fairfax County School Health Promotion March Morning Announcements

March Energy Train: Reduce Screen Time!



Announcements (Elementary)

One-student dialogue:

Did you know the average elementary school student spends seven hours a day looking at a screen? That's about the length of our school day! Too much time in front of a screen can be bad for our bodies and our minds. So when you get home put down your game controllers, remotes and phones and try a new activity today.

{End}

One-student dialogue:

Too much time looking at a TV, phone or computer can be bad for our bodies and our minds. It can lead to weight gain, trouble sleeping and can affect our attention and focus at school. Today try a new activity that doesn't involve a screen as a way to unplug to recharge your mind and your body.

{End}

One-student dialogue:

It's fun to play video games and watch TV, but too much time in front of a screen can be unhealthy. Make some time this week to unplug your devices and recharge by spending time with a friend or playing outside.

{End}

Two-student dialogue:

Student 1: Yawn—I am soooooo tired.

Student 2: Didn't you get any sleep last night?

Student 1: I went to bed on time, but my cell phone kept going off.

Student 2: Don't you turn it off to recharge it at night?

Student 1: I was about to when my cousin started sending me really funny pictures.

Student 2: Okay....

Student 1: So I looked at a few and then told him I needed to get some sleep, so I put my phone on vibrate and was almost asleep when I saw the light flashing again.

Student 2: So you answered it???



Student 1: Sure---wouldn't you?

Student 2: I really don't have a choice.

Student 1: Huh?

Student 2: My parents charge all our phones and laptops in one place every night....that helps all of us "recharge."

Student 1: For real?

Student 2: Yeah, not only are we all getting better sleep, we fight less, and spend more time doing things together.

Student 1: Oh. I get it---unplug to recharge, so you have time to reconnect with each other.

Student 2: Unplug to recharge - it's working for me.

Student 1: I'm going to talk to my family and try that tonight.

{End}

