

Family Communication



March 7-8

Global Day of Unplugging

Dear Eagle (Insert School Name or Mascot Here) Family,

Good morning Eagles Family (insert school name or mascot here)! Since 2009, Global Day of Unplugging has been widely celebrated on the first Saturday of March every year. It officially begins at sundown the night before, but schools, businesses and individuals plan tech-free gatherings in the days and weeks leading up to and following March in order to make the most of the holiday.

Whether it is 1 hour or 24 hours, people all over the world, will step away from their screens and intentionally shift into an offline activity, an in-person interaction, a real-life gathering or simply a meaningful conversation about their relationship with technology. We challenge you to unplug and connect live and in-person. You and your children will have the opportunity to learn more_____ (insert text from checked boxes below).

- ☐ From our counselor, teacher, or nurse
- ☐ During a homeroom or advisory class activity
- ☐ At the information table in the library, lunchroom, or (other public area)
- ☐ In this week's health classes
- ☐ In the KnowYourNeuro.org website
- ☐ Other _____

Screen overexposure changes the brain in profound ways. Take this opportunity to watch the videos on www.KnowYourNeuro.org and use the handouts to generate discussions.

For questions or more information, please contact me.

School Official's Signature and Contact Information