

Morning Announcements

March 7-8

Global Day of Unplugging



Good morning Eagles (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 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 our Eagles (insert school name or mascot here) to unplug and connect live and in-person. You will have the opportunity to learn more _____(insert text from checked boxes below).

- ☐ From your counselor, teacher, or nurse
- ☐ During the 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 _____