

HOME CHALLENGES

Minimizing Screen Time Home Challenge Copy for Health Facilitators/Champions

The Minimizing Screen Time home challenge is for students and their families to track their physical activity and screen time. It works well in conjunction with the *Turn off the Tube, Get on the Move* monthly campaign.

Encourage staff to engage their students in the challenge by offering to reward participating classes with a healthy celebration (e.g., extra recess or physical education time, class dance party, or healthy food celebration). Consider running this challenge as a school-wide event to see how many families participate.

Please send out the attached email copy to school staff explaining how to facilitate this activity with their students. Each student will require the instruction/tracking sheet for parents that needs to be filled out for 2 weeks (attached).

Email for SHF/SHC to send to staff

Please personalize as you see fit.

Hello **[School name]** staff,

The *Minimizing Screen Time Home Challenge* encourages families to spend less time being sedentary and more time being active. It also educates them on the sedentary behaviour and physical activity Canadian Society for Exercise Physiology (CSEP) guidelines¹. The way it works is that they track both sedentary and active time, thereby gaining more awareness of how much time they spend in each category.

All you need to do is:

1. Read through the home challenge parent instruction/tracking sheet (attached) to get familiar with it.

¹ <http://csepguidelines.ca/>

2. Explain the activity to students and give them each an instruction sheet to take home.
3. Remind students throughout the two weeks to participate and have fun with the challenge.

If you distribute the materials on a Monday, then students should return their tracking sheet on the Monday after next, with as many activities completed as possible.

At the end of the challenge, collect completed and initialed tracking sheets from your students. Encourage participation -- if more than half the students in your class take part in this initiative by returning their signed form to you, the class will be rewarded with (extra recess time, dance party, healthy food celebration).

And remember to have fun!