

West End Memorial Elementary School
Dare To Be Free...Don't Watch TV!
National TV-Turnoff Week
April 20st through April 26th

Dear Parents/Guardians,

It's that time again! April 20th through April 26th marks the *Fifteenth National TV-Turnoff*. Time to get up, turn off your TV, interact with each other and do things as a family! During this week millions of people across the country pledge to turn off their TV sets to allow more time for reading, exercise, silence, creativity, conversation and dozens of other interesting activities. This year, West End School will participate in the TV-Turnoff with thousands of other schools and communities nationwide.

We encourage your whole family to participate in this activity by leaving your television "off" for the entire week beginning Monday, April 20th through Sunday, April 26th. During TV-Turnoff Week, we are asking that you NOT watch TV, videos, or DVDs and NOT play video games or non-educational computer games. Time to play, walk, talk, read and enjoy life! While turning off the TV set in your home for a short time may present a challenge, it also provides a valuable opportunity for families to do new things together and gives children the chance to practice thinking of alternatives to TV watching. Please encourage your child and the rest of your family to participate so we can make West End's TV-Turnoff a big success!

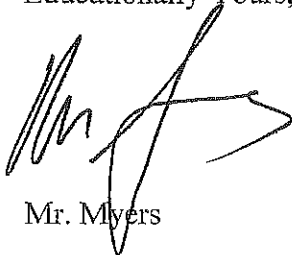
Attached are dated coupons for reporting of activities done instead of watching TV. The coupons should be returned to school daily on the specified date. Please note that the coupons require a parent/guardian's signature and will not be accepted late.

Tuesday April 21st, The West End Evening Book Fair and Water Ice Social

Friday, April 24th, The PTA has helped by setting up a West End PTA Family Walk Night. Come exercise and have fun!

Please help your child succeed in this TV-Turnoff effort by providing positive alternatives to the television. Be sure coupons are filled out completely and are returned on the days specified. Any student who completes all seven nights of no TV will receive an invitation for *Pretzels with the Principal* to be held on Friday, May 1st. Thank you for your help and cooperation with this project – hopefully, we will all see some benefits to life with less TV!

Educationally Yours,



Mr. Myers

West End Memorial Elementary School
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National TV-Turnoff Week
April 20-April 26

Explanation: It is National TV-Turnoff Week. TV-Turnoff is a voluntary program that will run for one week.

Purpose: Our aim is to have West End students turn off their TV sets April 20th – April 26th and to use the time gained to engage in alternative activities.

How to Enter: Complete the coupon for each date that you don't watch TV. You are to write down the activities you did instead. Be sure you put your first and last name, your teacher's name and your grade on the coupons. The coupons must also have your parent/guardian's signature. **BRING THE COUPON TO SCHOOL THE NEXT DAY** and submit it to your teacher. Friday, Saturday and Sunday's coupons will *all* come in on Monday, April 27th. **The coupon must be filled out completely, turned in on the correct day, and signed to qualify.**

Contest Rules: During TV-Turnoff Week...You may *not* watch TV, videos or DVDs.
You may *not* play video games.
You may *not* play non-educational computer games.

The Rewards: You will find fun and satisfaction as you busy yourself with other pastimes.

PTA Book Fair & Water Ice Social at West End: Tuesday, April 21, 2009.

Family Walk at West End: Friday, April 24, 2009.

Any student who turns off their TV all seven nights will be invited to Pretzels with the Principal which will be held on May 1st during school hours.

<http://www.tvturnoff.org/>

REMEMBER TO RETURN YOUR COUPONS DAILY!

TV-Turnoff Coupon

TV-Turnoff Coupon

Name _____

Teacher: _____ Grade _____

I did these activities instead of watching TV on:
Friday – APRIL 24

I did these activities instead of watching TV on:
Saturday - APRIL 25

Turn in on Monday, April 27th.

Turn in on Monday, April 27th.

Parent Certification _____

TV-Turnoff Coupon

TV-Turnoff 2006

Name _____

Teacher: _____ Grade _____

I did these activities instead of watching TV on:
Sunday – April 26

I did not watch TV on:

_____ Monday, APRIL 20

_____ Tuesday, APRIL 21

_____ Wednesday, APRIL 22

_____ Thursday, APRIL 23

_____ Friday, APRIL 24

_____ Saturday, APRIL 25

_____ Sunday, APRIL 26

_____ **TOTAL DAYS OF NO TV.**

Turn in on Monday, April 27^h.

Turn in on Monday, April 27th.

Parent Certification _____

TV-Turnoff Coupon

Name _____

Teacher: _____ Grade _____

I did these activities instead of watching TV on:
Monday - APRIL 20

Turn in on April 21st.

Parent Certification _____

TV-Turnoff Coupon

Name _____

Teacher: _____ Grade _____

I did these activities instead of watching TV on:
Tuesday - APRIL 21

Turn in on April 22nd.

Parent Certification _____

TV-Turnoff Coupon

Name _____

Teacher: _____ Grade _____

I did these activities instead of watching TV on:
Wednesday - April 22

Turn in on April 23rd.

Parent Certification _____

TV-Turnoff Coupon

Name _____

Teacher: _____ Grade _____

I did these activities instead of watching TV on:
Thursday - April 23

Turn in on April 24th.

Parent Certification _____