



Celebrating our 16<sup>th</sup> year!

**The Cottage Street School PTO invites EVERYONE to participate in our annual  
TV TURNOFF!**

Silence your screens (television, video, and computer!)

and tune in for some fun!

**April 29 to May 5**

This is the 16<sup>th</sup> year Cottage has sponsored a screen-free week, joining with thousands of schools and organizations nationwide, to re-think the role of television and encourage Americans to reduce the amount of television they watch. Visit [www.turnoffyourtv.com](http://www.turnoffyourtv.com) for more information about the benefits of less TV.

**DID YOU KNOW??**

- Number of 30 second commercials seen in a year by an average child: 20,000
- Number of minutes per week the average child watches TV: 1,680 minutes
- Number of minutes per week that parents spend in meaningful conversation with their children: 38.5 minutes
- Hours per year the average American youth watches television: 1500 hours
- Hours per year the average American youth spends in school: 900 hours
- Percentage of Americans that regularly watch television while eating dinner: 66
- Percentage of children ages 6 -17 who have televisions in their bedrooms: 50
- Percentage of day care centers that use televisions during a typical day: 70
- The average American home has television on for over 8 hours per day.

**Fill out the pledge on the back of this form and drop it in the UNPLUGGED BOX outside the office no later than Friday, May 3rd.**

## Great ideas for TV Turnoff Week

- Come see the masterpieces at the Cottage Street School Art Show on May 1<sup>st</sup>.
- Spend some quality time with your family. Look through your family photo album.
- Play outside. Ride your bike. Build a fort. Plant a garden.
- Visit Moose Hill or Borderland State Park. Take a hike.
- Visit your local library or bookstore. Find a new author to enjoy. Start a book club.
- Take some pictures. Make a scrap book. Draw a picture. Write a story.
- Put on your Red Sox gear and play a game. Listen to a game on the radio.

## What are your great ideas?

Participating Cougars will receive a special prize and a chance to win a Village Toy Store gift card.

---

## Yes, I'll Unplug!!

April 29 to May 5

Student: \_\_\_\_\_

Teacher/ Room Number: \_\_\_\_\_

Instead of watching TV, I'm going to: \_\_\_\_\_

  

---

Parent's signature: \_\_\_\_\_