DECEMBER

MONTHLY ANNOUNCEMENT RESOURCE GRADES 6–12

REDUCE SCREEN TIME – UNWIND YOUR MIND!

ADAPTED FROM AN APPLE SCHOOLS RESOURCE

Announcement #1:

Did you know that spending too much time on screens can make it hard to focus, affect your sleep, and keep you from doing the things you love? During winter break, try spending less time on screens and more time with family and friends. Take breaks to go outside, walk your dog, read, make music, or try a new hobby!

Announcement #2:

Challenge yourself to move more this month! Did you know that when you're using a screen, you're usually sitting still. Take a break from your devices and get active. Go skating, take a walk, build a snowman, or enjoy time outside with family and friends. Every little bit of movement helps you stay healthy and feel your best!

Announcement #3:

Winter break is great time to get plenty of sleep! A good night's sleep helps you feel happy, healthy, and full of energy. Using screens before bed can make it harder to fall asleep. You need about 8-10 hours of sleep per night to be energized for the day. Try turning off your screens at least one hour before bed, read a book or do some deep breathing to unwind your mind for a better sleep!

Announcement #4:

Winter break is a great time to connect with family and friends. Too much screen time may sometimes make you feel worried or upset. Take regular breaks from your screens to go outside, read, or spend time with the people you care about. If something you see online makes you feel uncomfortable or worried, talk to a trusted adult, like a parent, caregiver, or teacher.

Announcement #5:

When you’re spending time with your family and friends this winter break, remember to keep your screens off. Have fun playing a game, going skating, or reading a book. Don’t let your screen distract you from being present with your family!

Announcement #6:

Kindness helps everyone feel happy, safe, and included. During winter break, spread kindness wherever you go, including when you're online. Use kind words, show respect, and think before you post, share, or send a message. Your words and actions can make a positive difference for your family, friends, and school community.

Healthy Learner Team

ASD-W