

# ER Screen Free Week



## FUN FAMILY EVENTS

Sponsored by the



Unplug, play, move, and enjoy time with family and friends.

Join us at the school for the following Screen Free Week evening events...

**Monday 4/10, 6-7pm**

**Yoga Night**

**in the High School Cafeteria**

The wonderful Mrs. Anita Ricci will teach yoga to your kiddos! All ages welcome!



**Tuesday 4/11, 6-7pm**

**Kindness Kraft Night**

**in the High School Cafeteria**

Let's celebrate kindness and get crafty! Various crafts, an appreciation station, and inspirational activities will be set up. Cocoa and popcorn will be provided.



**Wednesday 4/12,**

**6-7:30pm**

**Swim Night**

Splish, splash, it's a pool bash! Bring your suit, towel & hop in the pool with ER staff Mrs. Caruso.

Grades Prek-1st swim from 6-6:45.

Grades 2-5 swim from 6:45-7:30.



**Thursday 4/13, 6-7pm**

**Family Game Night**

**in the High School Cafeteria**

Join us for a family fun game night. Come prepared to play against your family, friends, and neighbors. Bring your favorite game or try one provided.

No need to cook tonight as pizza & drinks will be provided!



## EAST ROCHESTER SCREEN FREE WEEK DAILY INCENTIVES AND TICKETS

*Unplug, play, move, and enjoy time with family and friends.*

Stay screen free for the entire day.....Then, have your parent/guardian fill out the ticket with your **FULL NAME**, **GRADE**, and **HOMEROOM TEACHER**.

**Students:** return this handout to your teacher at the end of the week for a prize. Challenge yourself to be screen free for the week. You can do it!!

my student was screen free on <b>Sunday</b>	my student was screen free on <b>Monday</b>	my student was screen free on <b>Tuesday</b>	my student was screen free on <b>Wednesday</b>	my student was screen free on <b>Thursday</b>
Name: _____	Name: _____	Name: _____	Name: _____	Name: _____
Grade: _____	Grade: _____	Grade: _____	Grade: _____	Grade: _____
Teacher: _____	Teacher: _____	Teacher: _____	Teacher: _____	Teacher: _____
_____	_____	_____	_____	_____