



## PA Announcements

Create announcements to be read over the PA system to encourage students.

Some topics that would be appropriate are:

- Promote contests or challenges you have created with daily updates
- Fitness facts
- Inform students of the activities in your local Parks and Recreation guide (see summary in toolkit disk for activities going on during Turn off the Screens Week)

## Ideas for announcements

“Doctors recommend that kids spend less than two hours per day in front of a screen (television, video games or computer). How do you measure up? Turn off the screens and turn your activity level up!”

“Exercise is a good way to ease tension, be healthy and feel great. Try a new activity today. Turn off the screens and turn your activity level up!”

“Activity is good for the whole family. Check out the local Parks and Recreation guide, go for a hike on a York Region trail or a walk to your local park. Get out and have fun together. Turn off the screens and turn your activity level up!”

“Don’t let the tube take over! The easiest way to beat inactivity is to turn off the television. Turn off the screens and turn your activity level up!”

“Want to pull up your marks? Physical activity and eating well has been proven to help. Turn off the screens and turn your activity level up!”

“Have you ever played 4 square? It’s a fun and easy to learn activity that you and your friends can participate in at recess. Turn off the screens and turn your activity level up!”

“Have you *logged* today? Your Turn off Screens log needs to be filled in everyday. Being active is easy. Dance with friends, try a new sport or game, or challenge your parents to a game of hoops. Turn off the screens and turn your activity level up!”