



March 5, 2018

Dear Parents,

Many people across the country will be observing **National Day of Unplugging on March 9-10, 2018, from sundown to sundown**. Living in a world of hyper involvement with digital devices (from TVs to iPads to computers to game systems to cell phones), our children often do not have the opportunity to adequately rest, reflect, and personally interact with others or their natural environment. In fact, some psychologists believe that overuse of digital devices can change a person's behavior, especially children who are impressionable and whose brains are highly malleable. There is a growing body of literature that extols the benefits of unplugging. Check out these books:

- *Reset Your Child's Brain* by Victoria Dunckley
- *Breaking the Trance* by George Lynn
- *Last Child in the Woods* by Richard Louv

Although we see the benefits of digital devices and obviously use them to accomplish meaningful work at school, we are dedicated to educating the whole child at Canterbury. In class this week, students and teachers will discuss non-digital dependent activities that can be done to promote physical, social, emotional, and cognitive health.

If your family chooses to take the unplugging challenge, please complete the attached sheet to show what activity you did when you unplugged! Print out your pictures and send them in on Monday, March 12, or email them to your child's classroom teacher or Advisor, and we will post these pictures in Fry and Armfield to inspire others.

Will your family take the challenge? Can your family unplug its digital devices from sundown Friday, March 9, through sundown, March 10? Join us and give it a try!

For more information, please go to: <https://www.nationaldayofunplugging.com/>

Sincerely,

Roanne & Paul