




Dear Roger Clap Families,




Join the Boston Public School community in celebrating Screen Free Week (May 1-7)! This is an entire week dedicated to reflecting on our media

balance and rediscovering the joys of life off the screen! It doesn't mean that we need to go completely screen-free, but we challenge everyone to exchange some of the time that you might normally spend watching media or



POOR SLEEP HABITS
Sixty-eight percent of teens bring their devices to bed, and nearly a third fall asleep with their phones. Thirty six percent of teens wake up and check their mobile device at least once a night for a reason other than checking the time.

SIX TO NINE HOURS PER DAY!
School-age children spend more time with screens - television, video games, computers, tablets and phones - than any other activity but sleeping. That adds up to 114 full days of screen time each year.




playing games on the screen with an off-screen activity like spending time outside with friends and family, reading a book, or making art. It could be as little as an hour!



Check out the Bingo on the back for ideas about how to go screen-free this week! Share your ideas on Class Dojo!

MENTAL HEALTH IMPACTS
Kids who log more screen time experience lower psychological well-being.



Complete the attached summer program form so we can help YOU ensure your child has access to the summer programs offered in Boston!

Upcoming Events & Reminders

- Arts Night: June 1 from 5:30-7pm - Honor the ways our students have grown as artists and musicians this year!
- End of Year Celebration & 6th Grade Graduation: June 15 from 5:30-7pm - Join our community to celebrate all of the academic and social achievements our students have made!
- Fun Day: June 21 from 10-3 - A day of fun to celebrate the end of the school year!

In partnership,
Emma Fialka-Feldman Principal, Roger Clap Elementary

*For families who have ordered apparel, please expect the orders to be filled soon!
Thank you for your patience!*