



April 17-23 Claremont goes LEAN, GREEN & NO SCREEN!

We'll celebrate TV Turnoff Week & Earth Day making us

LEAN, GREEN, & NO SCREEN all week!

What is Lean, Green, and No Screen? It's a fun challenge calling on Claremont students and families to turn off TVs, computers, smartphones, and other screens and spend that time being active, eating healthy foods, making "green" choices, and enjoying time with family and friends!

Students who sign and turn in the **PLEDGE FORM** (see to the RIGHT) will be eligible for a chance to win a \$10 gift card from Barnes & Noble Bookstore, courtesy of the PTA.

OTHER EVENTS!

FRIDAY, April 22:

Have a **waste-free lunch!**

How empty can we leave the trash cans?

SATURDAY, April 23

10:00 am – 3:00 pm

Garden Day at

Claremont Park and Playground

With Picnic Lunch Provided at Noon

(courtesy of Viva Verde Committee)

ENJOY:

Pizza and Sub Sandwiches, Watermelon & Drinks

Games

& Gift Card Raffle Drawing

(for participants in Lean Green No Screen Week!)

Return the form at right to your teacher no later than **Wednesday, April 20th** to be eligible for the raffle drawing.

LEAN GREEN NO SCREEN PLEDGE FORM

I'm in _____ grade and _____

_____ is my teacher.

I, _____ (your name),

agree to be

LEAN:

- Make healthy eating choices. Eat at least 3 servings of vegetables daily.
- Students: Remember to **Play 60**.
- Families: Walk/play together each night!

GREEN:

- Turn off lights when I leave a room.
- Avoid Styrofoam.
- Use both sides of my paper.
- Recycle whenever & whatever I can.
- Shut off the water when brushing teeth.
- Bring my own reusable water bottle & avoid buying bottled water.
- Make a meatless meal.
- _____

NO SCREEN:

- Have a Screen-Free Week (screen-free means no TV, computer, smartphone apps *or* video games.)
- Encourage my friends and family to be screen-free during the week
- Instead of screen time I will:
- _____
- _____

*Cut this out and return this to your teacher or email to kendrabriechle@gmail.com by **Wednesday April 20th** to be included in the raffle drawing!
(Winner need not be present to win.)*

Questions? Kendra Briechle, (571) 236-2636 or kendrabriechle@gmail.com