

# Celebrating 10 Years of the Screen Smart Challenge!

We all need reminding about how to make healthier screen-time choices. If we repeat them enough, they will become good habits. Pick one (or more!) of the following "screen smart" strategies and stick with them for the week!

Set a personal limit and create your own log to track your screen time. Try to go "unplugged" during the Screen Time Challenge.



Practice being present. Consider downloading an app to block alerts from facebook, twitter and instagram while enjoying a meal or activity with family and friends. Tips like putting your phone in airplane or do not disturb mode can help with this too.

Avoid screen time before bed. Scientists have discovered those who use light-emitting devices before bed take longer to fall asleep and have less REM sleep. Tips for this include: Purchasing an analogue clock, picking up a book and leaving your cell phone, tablet or laptop in another room.

How did you monitor your screen time this week ?

I Found This Challenge  EASY  DIFFICULT  
 I will keep up this new habit  YES  LIKELY NOT

Helping families manage media



Yes, I accept the challenge!

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ School: \_\_\_\_\_

Hand in this Passport by:  
 Wednesday, May 17th to your school, preschool or the OK Library for a chance to win one of the Grand Prizes:



One-year Family Pool Pass!  
 (from the City of Revelstoke)

FSS Gift Certificates!  
 (from Free Spirit Sports)



Skookum Gift Certificates!  
 (from Skookum Cycle and Ski)

Flowt Gift Certificates!  
 (from Flowt Bikes and Skis)



Kids Combo Pass  
 (From Sky Trek Adventure Park)

To be eligible, you must get at least one sticker by attending a Screen Smart event listed inside and also complete the Challenge on the back page of this Passport.

The Screen Smart Committee gratefully acknowledges funding support from:



**Thursday May 4th**

6-8pm Building Strengths in Early Childhood with Dr. Martin Brokenleg @ The Revelstoke Performing Arts Centre. Call 250 837-6669 to register.

Place sticker or initials here

**Friday May 5th**

9am-3pm Reclaiming Youth at Risk with Dr Martin Brokenleg @ The Revelstoke Performing Arts Centre. Call 250 837-2101 to register.

9am-5pm Free Admission (KIDS ONLY) @ The Enchanted Forest.

2-4pm Free Swimming @ the Aquatic Centre with the presentation of a Screen Smart Passport.

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**Tuesday May 9th**

2:30-3:30 pm Crochet with Keri @ Begbie View Elementary. Learn the basics of Chaining and make a headband.

LUNCH TIME Drop in Sports @ RSS for Students.  
LUNCH TIME Tech time with Mr. Haworth @ Begbie View Elementary.

7-8 pm NCES Homemade Beauty Products - Great for Teens ! details and location @ northcolumbia.org

Place sticker or initials here

**Saturday May 6th**

9:30-11:30am RCMP Bike Rodeo. All kids on bikes and run bikes are welcome! Flowt and Skookum will provide helmets and bike safety checks Located on First Street, near the Farmer's Market.

Place sticker or initials here

10:30am-4:30pm Family Craft Day @ The Okanagan Library. Make a felt owl.

10:00am-12pm Mobilizing Communities with Dr.Martin Brokenleg @ The RSS Library.

3pm-4pm Munsch Upon a time by Project X Theatre @ The Revelstoke Performing Arts Centre. Limited tickets to be reserved call 250 814-7885.

**Sunday May 7th**

9:30 RCU FUN RUN @ Queen Elizabeth Park. See revcu.com for an entry form and arrive early to complete registration.

NCES Community Clean Up! details and location @ northcolumbia.org

Place sticker or initials here

**Wednesday May 10th**

6:30-7:30 pm Stuffie Sleepover @ The Okanagan Library (ages 6 and under)

4-5 pm Ultimate Frisby with Krista from NCES. Meet at the Workers Memorial

5:30 - 6:45 pm Flow Yoga with Anjali Allie @ Balu Yoga

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**Thursday May 11th**

10-11:15am Giggle, Sing and Swim at the Pool with CBAL. Kids under 5 and their caregivers get Free admission.

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**Friday May 12th**

LUNCH TIME Karaoke @ RSS for Students with Mr Kenyon.

3-4pm Freezy Friday @ The Skate Park for youth ages 12-18.

Place sticker or initials here

**Saturday May 13th**

9:30 - 11am Mother's Day Tea and Planting Party with theRevelstoke Local Food Initiative @ The Revelstoke United Church.

1:30-3 Lego Creation Event @ The Revelstoke Railway Museum. Build your creation at home and bring it to the event for display & free admission. Adults by donation. Bring in a Minifigure of your own to take part in Minifigure Trading.

Place sticker or initials here

**Sunday May 14th**

HAPPY MOTHER'S DAY  
9:30-11am - Help the Revelstoke Visual Arts Centre prepare the perennial garden slope for spring !

Place sticker or initials here

**Monday May 8th**

10am Kiki the Eco Elf @ The Revelstoke Performing Art Centre. Call The Revelstoke Childcare Society for tickets 250 837-6669.

3:30-9pm RSS Student Drop in @ TransCanada Fitness.

5-6pm Junior Golf 8 and up, 18 and under @ The Revelstoke Golf Club.

Place sticker or initials here