

Unplug and Get Fit

The time that your tween or teen spends using cell phones, playing video games, and watching TV is time he could spend being active. Motivate your child to power down electronic devices, get off the couch, and stay healthier with these ideas.



Reduce screen time

Experts recommend that parents put consistent limits on screen time. Here are ways you can help tame the habit in your house.

Establish ground rules

Consider keeping devices put away and the TV off until homework and chores are finished. Or cut off electronics after a certain time at night. Also, you might ban cell phones from the dinner table and during family outings.

Plan ahead for TV viewing

On Sunday evenings, have your tween choose one show to watch each day that week. She could post the schedule by the TV as a reminder. *Tip:* If she has a hard time picking just one show per day, suggest that she “bank” extras to watch later. Maybe she’ll skip a night of TV if she has a lot of homework and watch two shows Friday night or Saturday morning.

Make simple adjustments

A few easy changes can lessen screen time for everyone. For example, avoid using the TV as background noise—turn it off when no one is watching. Have your child shut down the computer when he’s finished so it’s less tempting to start mindlessly browsing the internet. You might even give away an extra TV or video game system—fewer devices mean fewer opportunities for screen time.



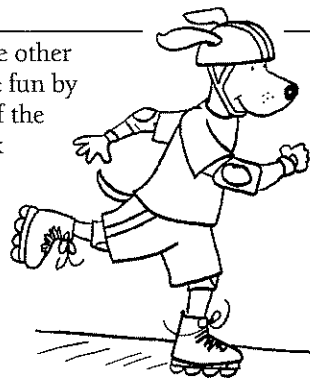
Keep it public

You’ll have a better chance of monitoring screen time if your teen doesn’t have a TV or computer in her room. In fact, teenagers with TVs in their rooms tend to watch more, see shows they otherwise wouldn’t be allowed to view, and get less sleep. They also run a greater risk of being overweight, because kids often snack while watching.

Go screen-free!

Encourage your tween to explore other interests and find new ways to have fun by designating certain days or hours of the week as screen-free. Together, think about the best times for this, then brainstorm things to do instead, such as:

- Hold regular neighborhood basketball or kickball games.
- Play a few sets of tennis at a community court.



- Take a family hike through the woods, up a mountain, or around a lake.
- Work out along with exercise videos from the library, or find some online to stream for free.
- Jog around the school track.
- Sign up for sports or fitness classes through your local parks and recreation department. Attend open gym at the community center.
- Go roller skating or inline skating.
- Head to the park and play Frisbee.

PUBLIC RELEASE

FOR MORE INFORMATION CONTACT:

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Children need healthy meals to learn. Walker County School District offers healthy meals every school day to your child(ren).

The Walker County Department of Education School Nutrition Services announces its policy for free and reduced-price meals for children unable to pay the full price served in schools under the National School Lunch Program and/or School Breakfast Program. Local school officials have adopted the following family size and income criteria for determining eligibility.

| FAMILY SIZE | COLUMN I FREE MEALS If Family Income is Within | | | COLUMN II REDUCED-PRICE MEALS If Family Income is Within | | |
|-------------|--|----|--------|--|--------|--------|
| | 1 | 0 | to | 15,782 | 15,679 | to |
| 2 | 0 | to | 21,398 | 21,113 | to | 30,451 |
| 3 | 0 | to | 27,014 | 26,547 | to | 38,443 |
| 4 | 0 | to | 32,630 | 31,981 | to | 46,435 |
| 5 | 0 | to | 38,246 | 37,415 | to | 54,427 |
| 6 | 0 | to | 43,862 | 42,849 | to | 62,419 |
| 7 | 0 | to | 49,478 | 48,283 | to | 70,411 |
| 8 | 0 | to | 55,094 | 53,717 | to | 78,403 |

FOR EACH ADDITIONAL FAMILY MEMBER, ADD \$5,616 PER YEAR TO THE INCOME LEVEL FOR FREE MEALS AND \$7,992 TO THE INCOME LEVEL FOR REDUCED PRICE MEALS.

RED. PR. BREAKFAST COST: \$.00
 ELEMENTARY BRK \$.00
 MIDDLE/HIGH BRK \$.00

RED. PR. LUNCH COST: \$.40
 ELEMENTARY LUNCH \$2.15
 MIDDLE/HIGH LUNCH \$2.35

Because Walker County participates in Special Assistance Certification and Reimbursement Alternative Provision II, your child(ren) will receive breakfast meals at no charge.

Application forms are being sent to all homes with a letter to parents or guardians. To apply for free or reduced-price meals, households should fill out the application and return it to the school. Children from families whose income is at or below the levels shown are eligible for free or reduced-price meals. Foster children may also be eligible for these meals. Families with foster children should contact the school for information regarding benefits. Additional forms are available at the principal's office in each school. The information provided on the application will be used for the purpose of determining eligibility and may be verified at any time with each school district required to verify a sample annually. Applications may be submitted at any time during the year.

For school officials to determine eligibility, households receiving Supplemental Nutrition Assistance Program (SNAP) or Temporary Assistance for Needy Families (TANF) must list the child's name, their SNAP or TANF case number and the signature of an adult household member. Households not receiving SNAP or TANF must list: child's name, names of all household members, the last four digits of the social security number of a parent or guardian (or an indication that neither possesses a social security number), the amount of income received by each household member, identified by source and frequency, and the signature of an adult household member certifying that the information provided is correct. The information provided by the household is confidential and will be used for the purpose of determining eligibility and verifying data. We may inform officials connected with other child nutrition, health, and education programs of the information on your form to determine benefits for those programs or for funding and/or evaluation purposes.

If a household member becomes unemployed, or if the household size increases, the household should contact the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the levels shown above.

Under the provisions of this policy, a school official will review applications and determine eligibility. If a parent is dissatisfied with the determination, he/she may contact the school either orally or in writing.

Michelle Coker 201 S. Duke St. LaFayette GA 30728

706/638-7969

NAME OF HEARING OFFICIAL

ADDRESS

PHONE

This institution is an equal opportunity provider