

MES Screen Free Week

2021



Sponsored by Lucy's Legacy Foundation

screen-
free
week



May 3-9, 2021

We're going screen-free!



Join me and learn more at: www.screenfree.org

Your child's ability
to work through
boredom is like a
muscle, and the
more you allow it,
the less you will
hear about it.

Meghan Owens, Ph.D. and Author of
*Spotted Right: Delaying Screens & ***** Children What They Really Need*

Books, materials and a
take out family dinner are
provided for our "screen
free week" participants
through a generous grant
from Lucy's Legacy
Foundation.

Lucy's Legacy Foundation
is committed to
supporting educators,
community advocates, and
change agents who are
alumni of Wheelock
College.

Take the pledge! Unplug
to connect!

We are here to
support you!

Our Superpower is...
DOING NOTHING?



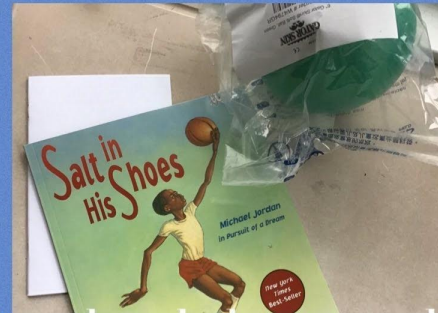
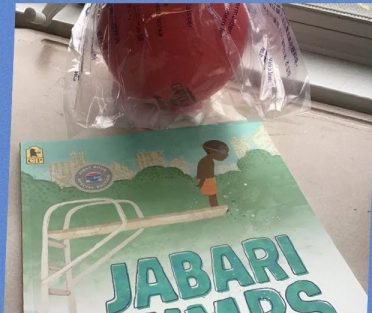
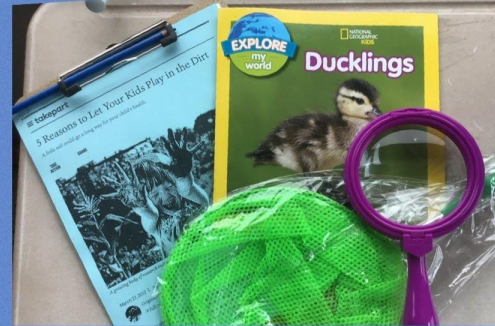
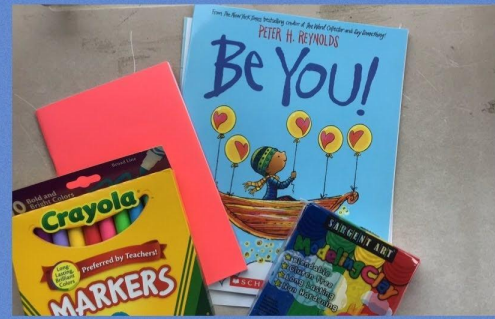
YES! It takes a lot to embrace boredom. But,
doing a little bit of nothing can help our
imaginations soar! **What's your superpower?**



We're going screen-free!



Join me and learn more at: www.screenfree.org



Sign the pledge..get a kit!



El Mariachi Loco

Phone
+1 (508) 790-7188

Address
569 Main St
Hyannis, MA 02601
United States

Hours
Every Day 11:00 AM - 9:00 PM

This certificate allows _____ to pick up
a takeout taco dinner at El Mariachi Loco in Hyannis
anytime during screen free week! (May 3-9)



*Thank you to the Arreola
family and Lucy's Legacy
Foundation for supporting
our M&S families!*





Yarmouth TOWN LIBRARIES
You are welcome!

www.yarmouthlibraries.org
 f YarmouthTownLibrary
 f YarmouthYouthServices
 @YarmouthLibrary
 @YarmouthTownLibraries

BOOK BUNDLES FOR KIDS

A BOOK A DAY KEEPS THE BOREDOM AWAY

GIVE US A CALL OR SEND US AN EMAIL AND WE WILL PUT TOGETHER 5-10 BOOKS FOR YOU. WE WILL SCHEDULE A CURBSIDE PICKUP THAT IS CONVENIENT FOR YOU.

SOUTH YARMOUTH LIBRARY, 312 OLD MAIN STREET, SOUTH YARMOUTH 02664
 WEST YARMOUTH LIBRARY, 391 MAIN STREET (Route 28), WEST YARMOUTH 02673
 508-760-4820 X 1316 cman@clamsnet.org mherington@clamsnet.org

Yarmouth TOWN LIBRARIES
You are welcome!

www.yarmouthlibraries.org
 f YarmouthTownLibrary
 f YarmouthYouthServices
 @YarmouthLibrary
 @YarmouthTownLibraries

Games and activities to borrow from
 South Yarmouth Library
 for Screen Free Week May 3-9

Botley the Coding Robot
 Chess Teacher
 Bingo Games
 Jenga
 Twister
 Keyboard Click and Play Mat

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 @YarmouthLibrary
 @YarmouthTownLibraries

IMAGINATION MAY: CREATIVITY CHALLENGE FOR ALL AGES

1 HIT PER FAMILY

50+ CHALLENGE CARDS INCLUDED

How many challenges will you do?
 Send photos of your completed projects via text to
 774-209-2958 or email Mindy Herington mherington@clamsnet.org
 The more photos you submit the greater your chances of winning a prize!
Photos need to be submitted on or before May 22.
 See other side for more information.

South Yarmouth Library
 312 Old Main Street
 South Yarmouth, MA 02664
 508-760-4820
 West Yarmouth Library
 391 Route 28
 West Yarmouth, MA 02673
 508-775-5208

Included in this kit:
 Recyclables: Cardboard, tubes
 Card stock in multiple colors
 Glue stick
 Tempera Paints (washable)
 Sponge paintbrush
 Pipecleaners
 Wire
 Sketch book
 Colored pencils
 Craft sticks
and some other stuff!
Creativity Challenge Cards from The Craft Train

Materials and supplies needed from home:

Markers
 Scissors
 Tape
 Stapler
 Any recyclables
 Glue gun optional
and anything else you can think of!

Why use creative prompts?

- It gives the imagination a starting point
- Helps develop problem-solving skills
- Helps develop drawing and art skills
- Creative activities are calming and relaxing
- They're good for those -I'm bored-moments
- Gets kids doing art and craft independently, developing confidence
- Arts and crafts are fun!

For inspiration visit the Craft Train
<https://www.thecrafttrain.com/why-crafts-are-good-for-kids/>



LOCATION

345 Bone Hill Road
Barnstable, MA 02630
508-362-7475

About Long Pasture

Sandy beaches, butterfly-filled meadows, woodland trails, and farm animals combine to make Long Pasture a unique experience on Cape Cod.

Gentle, varied trails lead to what some have called a "million dollar view," with Barnstable Harbor flanked by the dunes of Sandy Neck Barrier Beach. Explore our expansive tidal flats and join us for a kayak tour, boat cruise, or family nature program.

Location

345 Bone Hill Road, Barnstable, MA 02635

[Get directions or contact us >](#)

Mailing Address: PO Box 235, Cummaquid, MA 02637

Hours

Nature Center: Closed

Trails: Open every day, dawn to dusk

Restrooms: Outdoor, portable restrooms are available



LONG PASTURE AUDUBON IS
WELCOMING FAMILIES FROM
MES FREE OF CHARGE DURING
SCREEN FREE WEEK!



Unplug
Right
Here

We had to cancel our bike rodeo that was scheduled for May 5th due to rain. Covid restrictions severely limited the number of families that were allowed to attend in May (our list filled up the first day) We waited to reschedule when it was safe to celebrate outdoors with all of our families!

Do more, watch less...
Together!

Please join the MES community, Mass Department of Transportation, Ben and Jerry's of Hyannis and Bike Zone for our rescheduled Bike Rodeo !



**RESCHEDULED : ALL
ARE WELCOME**

Bring your bike and a helmet! Ice cream provided by Ben and Jerry's , water and snack provided by PTO!

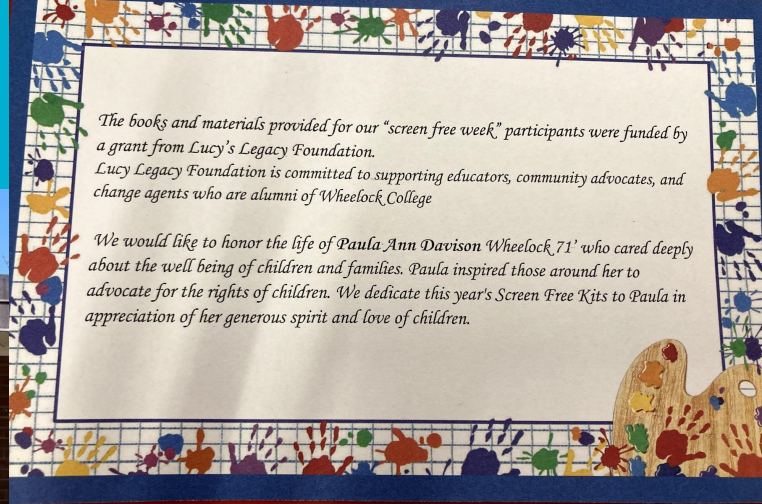
MES Bike Rodeo
@ MES
440 Higgins
Crowell Road
West Yarmouth MA

Wednesday
June 9th
4:30 - 5:30



What a
beautiful day
for a bike ride!





Honoring Paula Ann Davison, Wheelock 71

Here are some of the things that we did during screen free week: We

- *played outside
- * went for bike rides
- * read books
- *played with our sisters and brothers
- *played with toys
- * cooked
- *did art
- *fed the seals
- * played soccer
- *played games
- *colored
- * skate boarded
- *played basketball,
- *went geocaching
- *played with animals
- *played with balls
- * made buildings and pushed them down
- *gardened
- *made dumplings with Dad
- *played pretend
- * did gymnastics
- *built with legos
- *blew bubbles
- *went on a hike
- *chased my brother around the house
- * rested





Pictured left to right, Sue Gubbins, Boston University 89, Wheelock College 2003, Dr. Ed Ruscitti, husband of Paula Ann Davison, Wheelock 71. (Some of our fabulous screen free week students Prek-3.) Lynne French Wheelock College 2012, Patrick Riley, Principal of Marguerite E. Small School, West Yarmouth MA.

Do more, watch less...
Together!





SCREEN-FREE WEEK BY THE NUMBERS

What are your top 3
takeaways from screen
week? Please email
responses to
gubbinss@dy-
regional.k12.ma.us

Over 80 children from MES signed the pledge to limit their screen time for the week!
Students from 22 classrooms participated (this included all 4 of our remote classes!)
Children from age 3-9 participated!

The most popular take home bag was Nature followed by Poetry/Art.

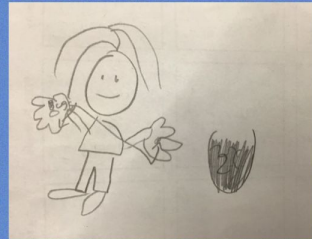
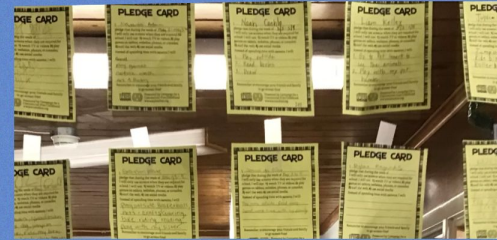
Lucy's Legacy Foundation granted us \$2,000 for our project.

El Mariachi Loco made 116 tacos and pounds of beans and rice for our screen free
families. (Thank you Arreola family).

The top three things that kids did during screen free week were play outside, ride
bikes and read books.



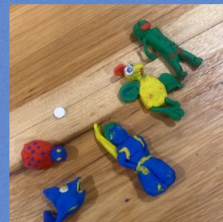
THANK YOU



Keep a log of what you did during Screen-Free Week. At the end of each day, write down or draw what you did that day by yourself, with your friends, or with your family. You'll be amazed how much more you can do when you go Screen-Free!

	Monday	Tuesday	Wednesday	Thursday	Friday
By Myself	When I was playing	When I was playing	When I was playing	When I was playing	When I was playing
With Friends	I played outside with my friends and we had a picnic.	I played outside with my friends and we had a picnic.	I played outside with my friends and we had a picnic.	I played outside with my friends and we had a picnic.	I played outside with my friends and we had a picnic.
With Family	I helped mom in the kitchen.	I helped mom in the kitchen.	I helped mom in the kitchen.	I helped mom in the kitchen.	I helped mom in the kitchen.

Screen-Free Week is presented by the Campaign for a Commercial-Free Childhood - www.cccf.org



How Room 305 is Celebrating Screen-Free Week!

playing with toys
playing outside
making buildings and pushing them down
playing with my ball
practice riding my bike
painting pictures

screen-free week

