



pause to **PLAY**

Put down those screens and get active – it's time to pause to **PLAY**!

Running from April 30 to May 4, 2018, the annual pause to PLAY challenge encourages students to put their TV's, gaming devices, tablets, cell phones, and computers on pause for one full week and become more physically active through play. In partnership with York Region Public Health, many YRDSB classrooms will be participating this year, and you can also participate with your kids at home!

The 2018 *pause to PLAY Challenge* week promoted by York Region, also coincides along with 2018 National Screen Free Week (April 30 to May 6, 2018).

The Canadian Physical Activity Guidelines recommend that Canadian children aged 5–17 accumulate at least 60 minutes of moderate-to-vigorous-intensity physical activity each day. The Canadian Sedentary Behaviour Guidelines state that those same children should spend no more than two hours of screen time per day.

According to the recent ParticipACTION report (2016):

- Only 9 per cent of Canadian kids aged 5–17 meet the Canadian Physical Activity Guidelines
- Only 24 per cent of 5–17 year olds in Canada meet this Canadian Sedentary Behaviour Guidelines
- The average 5–17 year old Canadian spends 8.5 hours being sedentary each day

Most children exceed current screen time guidelines. Screens aren't going away, but responsible screen use should be encouraged at an early age.

- Around the world, 54.5% of children (aged 9-11 years) exceeded current screen time guidelines
- 45.2% of Canadian children exceeding guidelines
- Screen time habits have also changed over time
- In the 1970s, children began to regularly watch TV at 4 years of age
- Today, children start to interact with screen-based devices at 4 months of age.

(source: LeBlanc et al., 2015, PLoS One; Reid Chassiakos et al., 2016, Pediatrics)

Exercise that gets your heart rate up has many health benefits. Being active for at least 60 minutes daily can help children:

- Improve their health and do better in school, improve their fitness, grow stronger and maintain a healthy body weight
- Have fun playing with friends and feel happier
- Learn new skills and improve their self-confidence



Get ready to put down your TVs, video games, computers, tablets, and turn off your screens to **pause** for one week. Spend your time outside, get active and PLAY!!

Participate in pause to PLAY at home:

In addition to pause to PLAY activities during school hours, parents, guardians and caregivers are encouraged to have their children participate in the challenge before and after school:

Teachers of participating classrooms will send parents a daily e-bulletin during the pause to PLAY challenge week with info and tips to reduce your child's screen time and increase active play

Each child will get a pause to PLAY Log Sheet to track... Review your child's daily log sheet to see how much physical activity (and screen time) they're getting.

Have your child participate in daily active outdoor play

- Check out your local community calendar and visit your local community centres and participate in some fun, family-friendly events
- Make active time family time – have fun together and **pause to PLAY** all year long!

For more information:

- For more information on **pause to PLAY**, please email [York Region Public Health School Services](#)
- To register your class to participate in the 2018 pause to PLAY Challenge complete the [Registration Form](#).
- For information on the healthy schools program, including physical activity, mental health, and nutrition for schools, visit the [York Region website](#).
- [National Screen-Free Week](#)

