

GET STAMPED AT THESE SCREEN SMART EVENTS!

Have your coach/instructor initial your passport for things you already do!

- Youth Soccer Registration (March 26 & 28)
- Karate
- Judo
- Gymnastics
- Lacrosse
- Bowling
- Aquaducks Swim Club
- Dance
- Any Lessons
- Other



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Monday, March 30

Elementary students:
Bring a book to school any day this week for the **Share the Word Book Exchange** and ask your teacher to initial your passport!

On Friday, choose a book from the exchange at school to take home!

For information call: 250-837-6669

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Tuesday, March 31

10:00 **Giggle, Sing and Swim** @ the Aquatic Centre (Parents and children under 5, free) Info: 250-837-6669

Lunchtime Nature Games with Parks Canada @ Columbia Park Elementary (primary grades)

3:00 **Nature Scrabble Run** (preschool to Grade 7) meet at the Innukshuk. For info, contact sarahnewton@live.ca

5:00-8:00 **Family Dance** @ Community Centre. Come out for music, games, prizes, food and fun. \$5/person. (please note: children under 10 must be accompanied by an adult) Info: 250-837-2920

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Wednesday, April 1

9:30-11:30 **Three Year Old Spring Fair** @ Community Centre (for children born in 2005 and their families). Join us for activities, snacks, circle time, child development info and fun! Call 250-814-2244 for information.

Lunchtime Nature Games with Parks Canada @ Arrow Height Elementary (intermediate grades)

3:00 **BirdWatch** (all ages welcome) meet at the Innukshuk. For info contact rluxmoore@sd19.bc.ca

5:30-7:00 **Board Game Bonanza** drop-in at the Library! (Grades 4-7) Info: 250-837-5095

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Thursday, April 2

Lunchtime Nature Games with Parks Canada @ Mountain View Elementary

12:40-1:40/2:00-3:00 **Cyberspace: A New Level of Community** presentation at RSS for Grades 8-10

12:00-5:00 **Farmers Market** @ Community Centre

7:00 **Parenting in the Cyber Age** @ Community Centre. (This is a free presentation by Merlyn Horton for all parents)

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Friday, April 3

9:00-10:00 **Cyberspace: A New Level of Community** presentation at Mountain View Elementary for Grades 5-7 (Parents Welcome)

Lego Creation Event:

4:00-6:00 drop off your creation at the Community Centre and receive a 'Lego Swim Pass'

6:00-8:00 Creations will be on display at the Community Centre.

7:00 Lego prize draw!

Age categories: preschool, K to Gr. 3, Gr.4 to Gr. 7
Call 250-837-6669 or 250-837-9351 for information.

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Saturday, April 4

See the Miss Revelstoke Ambassador Pageant at Revelstoke Secondary School on April 4 and April 5!



Get active today!

- Go swimming
- Walk your dog
- Play outside
- Play tag
- Splash in the puddles!

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Sunday, April 5



Indulge your inner fish! Bring your passport to the Aquatic Centre for a free swim **any day** between March 30 and April 5!



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Enter for a random draw prize at **PASSPORT** events!



A special thank you to the Revelstoke Rotary Club for their support of the 2009 Screen Smart Challenge!

- Prizes:**
- Screen Smart T-shirts
 - Screen Smart Magnets
 - Screen Smart Toques
 - Screen Smart Water Bottles
 - Screen Smart Frisbees

- Screen Smart Chess Sets
 - Screen Smart Mini Footballs
 - Screen Smart Soccer Sets
- Grand Prize:**
- 3 month Family Pool Pass (Aquatic Centre)

To be eligible for the grand prize you must complete the Activity Log & participate in at least 1 **PASSPORT** event.

My Activity Log

MONDAY, I was active I ate healthily
 March 30 I watched no TV I watched less TV
 I did not use computer/ video games I used less computer/ video games

What I did instead:

TUESDAY, I was active I ate healthily
 March 31 I watched no TV I watched less TV
 I did not use computer/ video games I used less computer/ video games

What I did instead:

WEDNESDAY, I was active I ate healthily
 April 1 I watched no TV I watched less TV
 I did not use computer/ video games I used less computer/ video games

What I did instead:

THURSDAY, I was active I ate healthily
 April 2 I watched no TV I watched less TV
 I did not use computer/ video games I used less computer/ video games

What I did instead:

FRIDAY, I was active I ate healthily
 April 3 I watched no TV I watched less TV
 I did not use computer/ video games I used less computer/ video games

What I did instead:

SATURDAY, I was active I ate healthily
 April 4 I watched no TV I watched less TV
 I did not use computer/ video games I used less computer/ video games

What I did instead:

SUNDAY, I was active I ate healthily
 April 5 I watched no TV I watched less TV
 I did not use computer/ video games I used less computer/ video games

What I did instead:

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screen
Smart

Challenge - 2009

PASSPORT

Name: _____ Age: _____

Phone: _____ Teacher: _____

Yes! I accept the challenge! I am participating in the
 Screen Smart Community Challenge from
 Monday, March 30 to Sunday, April 5, 2009.

I pledge to:

- Watch less TV, videos or DVDs
- Not use a computer (except for school work)
- Not play video games
- Increase physical activity (i.e. walking, hiking, swimming, bike riding, playing outdoors, etc.)
- Spend more time with my family

Signature: _____

Hand in completed PASSPORT to local schools, the Community Centre, or Revelstoke Child Care Society by Wednesday, April 8th.