



April 16, 2008

Dear Principal,

Oklahoma Action for Healthy Kids (OAHK) invites your participation in our statewide project, *Move More. . . .Watch Less*. We are providing your school with information and resources for your staff, parents, community, and students concerning the importance of reducing the amount of their daily screen time exposure. Research indicates that excessive screen time (television viewing, playing on the computer or playing video games) lowers reading scores, increases violent behavior, disrupts sleep patterns, and contributes to poor nutrition and overweight, all resulting in poorer school performance.

We have enclosed a simple, one-page guide to assist parents in limiting their child's screen time, one side in English and the other side in Spanish. There are also some valuable resources available at <http://ocds.health.ok.gov>. Click on "Oklahoma Physical Activity & Nutrition Program" on the left side of the screen and then on "Screen Time Reduction". In addition to the facts on this page, we have included a more detailed toolkit, courtesy of Kaiser Permanente, that will help guide your families and community in reducing their screen time and increasing physical activity.

OAHK, in collaboration with the Oklahoma State Department of Education, the Oklahoma State Department of Health and the Fit Kids Coalition, encourages you and your staff to focus on reducing screen time as an integral part of your combined efforts to make your families healthier, your students academically successful, and your communities safe and socially interactive again.

Thank you and your staff for all that you do for the children of Oklahoma.

Sincerely,  
Oklahoma Action for Healthy Kids

*Move More. . . .Watch Less*