





	<p>According to the Stanford University School of Medicine, children spend more time watching television and playing video games than any other activity other than sleeping.</p> <p>Lake County Schools invites you to "Enter the Challenge Zone" during FCAT testing.</p>
	<p>April 6-10, 2014</p> <p>Enter the Challenge Zone by:</p> <ul style="list-style-type: none"> • <u>reducing time on cell phones, television, or playing gaming systems</u> • replacing that time with exercise, reading, or positive family activities • eating a nutritious breakfast • getting adequate sleep • arriving to school on time • maintaining a "can-do" attitude
<p>Screens Off... Skills On!</p>  <p>www.lake.k12.fl.us</p>  	 

	<p>According to the Stanford University School of Medicine, children spend more time watching television and playing video games than any other activity other than sleeping.</p> <p>Lake County Schools invites you to "Enter the Challenge Zone" during FCAT testing.</p>
	<p>April 6-10, 2014</p> <p>Enter the Challenge Zone by:</p> <ul style="list-style-type: none"> • <u>reducing time on cell phones, television, or playing gaming systems</u> • replacing that time with exercise, reading, or positive family activities • eating a nutritious breakfast • getting adequate sleep • arriving to school on time • maintaining a "can-do" attitude
<p>Screens Off... Skills On!</p>  <p>www.lake.k12.fl.us</p>  	 