

# Students win with screen-free bingo

By T. Lee Brown  
Correspondent

Screen-Free Week was celebrated school-wide for the first time this year at Sisters Elementary School. The international event encourages kids, schools, and families to eliminate unnecessary screen time — and find hands-on activities to take its place.

“There was a lot of enthusiasm in our building and conversations with students about Screen Free Week,” said principal Joan Warburg.

Warburg and her staff printed out bingo cards that made the challenge into a game. In traditional Bingo, a caller picks letters and numbers at random, like “B-23” or “G-5.” Players cross out those spaces on their cards until they get five in a row.

Instead, screen-free bingo features a real-life activity in each space: “Bake something” and “Build a fort,” for example. Players cross off spaces by actually doing each activity.

It gets kids excited to try out new things, and encourages families to play games and take hikes together. The result can be a lot more fun as a family. “I wish we had a bingo card once a month!” said parent Annie Reed.

Reed’s daughter worked hard to black out her whole Bingo card. “She and her sister actually had lots of conversation and planning about how they were going to complete the tasks.”

Warburg reported that 50 percent of SES students



PHOTO BY TL BROWN

Educators encouraged kids to get real for a week. Some kids made signs to put over their families’ TV screens during the challenge.

turned in their Bingo cards with at least one Bingo finished. All those students earned a free recess.

Two classrooms at SES earned over 130 Bingos, meaning that each student completed multiple lines on their Bingo cards. “Our five student winners, one from each grade level, received a gift card to Paulina Springs Books courtesy of SPTC,” she said.

Mrs. Holden’s class won first place for the most bingos won. They celebrated with an ice pop party, also provided by SPTC.

SPTC is the Sisters Parent Teacher Community, a group that supports community awareness and educational enrichment at the elementary school. At a recent meeting, a friendly group of educators and parents discussed Screen-Free Week at Takoda’s.

They noted that the first school-wide try at SFW coincided with the NBA

playoffs — and the Portland Trailblazers made it to the playoffs this year. Many adults and kids alike wanted to watch those basketball games.

SFW also coincided with a busy time of year at the school, Warburg observed. The schedule may change in the future.

“We are already beginning to plan next year’s Screen-Free Week,” she said.

More about the international Screen-Free Week initiative can be found at [www.screenfree.org](http://www.screenfree.org). Information, meeting schedules, and volunteer opportunities regarding SPTC can be found at [www.sistersptc.com](http://www.sistersptc.com).

## LABYRINTH: Workshop includes guided walk at church

Continued from page 3

Cave art and pyramid descriptions from antiquity suggest ancient labyrinths. In the Middle Ages, labyrinths spread throughout Europe and beyond. Versions of the Chartres cathedral’s pattern have proliferated around the world — including to Sisters.

Workshop leader Sara Hopkins introduced local resident Anne Bartlett “to the ancient spiritual practice of walking the labyrinth twenty years ago in Ashland, when I was the rector of Trinity Episcopal Church.”

She said, “When my husband and I moved to Sisters last fall and joined the Episcopal Church of the Transfiguration, I was delighted to discover their labyrinth in its stunning setting.”

Bartlett is co-chair of the June 1 workshop event, together with longtime Transfiguration church member and labyrinth advocate Dick Kellogg.

Labyrinths appeal to an inclusive and diverse group of people of all ages, according to Bartlett. “It is a form of walking meditation that appeals to the ‘spiritual but not religious’ folk as well as traditional believers of all faiths,” she said.

Jan McGowan helped

build the community labyrinth in a similar spirit.

“Our cohort imagined a place where individuals could find quiet and inspiration... where community could gather to share an experience, have fun, solve problems and resolve conflicts,” she told *The Nugget*.

Bartlett said that for centuries people have walked labyrinths “to slow down and quiet their minds, to celebrate a turning point or enable major decisions in their lives, or simply because it feels good to be outside and at peace.”

Some “spiritual but not religious” folks meet at labyrinths and spirals for louder celebrations as well. The annual Summer Solstice gathering at Sisters Community Labyrinth, for example, welcomes children, drums, and musical instruments.

Saturday’s workshop will include a guided walk of the church labyrinth, and a brief talk about the Sisters Community Labyrinth.

“Can’t have too many labyrinths in town!” Bartlett said.

She noted that the June 1 workshop is for adults only. Otherwise, all are welcome.

The labyrinth workshop takes place Saturday, June 1 from 9:30 a.m. to noon at the Episcopal Church of the Transfiguration, 68825 Brooks Camp Road in Sisters. Questions may be directed to Anne Bartlett at 541-301-0301.

**BOOK YOUR FREE INTRO SESSION TODAY!**

**CrossFit**  
Weightlifting  
Cardio • Powerlifting  
Barre • Yoga • Pilates  
Sauna • Strongman  
Bodybuilding

Memberships starting at \$39/month!

**24 HR. ACCESS!**

Call 541-699-7800 or email [coach@level5fit.com](mailto:coach@level5fit.com)  
[www.level5fit.com](http://www.level5fit.com) | Located in Ray's Shopping Center

**SISTERS COFFEE CO.**

Open 6am-6pm Coffee Roasted Daily 273 W Hood Ave. Sisters, OR

# Bottle & Can Drive!

**Furry Friends Foundation can use your redeemable bottles and cans!**

Help us raise funds by picking some of our blue bags to fill and return to Ray’s Food Place. It’s easy to do, you just scan the tag on the bag, open the door in the bottle drop and leave the bag. The empty blue bags can be picked up at 204 W. Adams, Ste. 109. You can still drop off bottles & cans (closed plastic bags please) in the blue bins at 442 E. Main Ave.

**FURRY FRIENDS FOUNDATION**  
501(c)(3)

Open Tues. & Thurs., 11 a.m. to 2 p.m.  
204 W. Adams, Ste. 109, Sisters Art Works Bldg.  
Next to the Sisters Habitat Restore parking lot.

**541-797-4023**

[www.FurryFriendsFoundation.org](http://www.FurryFriendsFoundation.org)

Sisters Pet Food Bank • Spay/Neuter Sponsorships • Emergency Medical Assistance

**This ad sponsored by The Nugget Newspaper**