



**30 Day**   
**NO** August 2021  
to  
March 2022  
**Screen Time  
Challenge**  
No TV  
No Computers  
No Phones  
No i-Pads . . .  
Winners will be given Certificates



**INDIAN SCHOOL NIZWA**  
**“30 DAY NO SCREEN CHALLENGE\*”**  
**CERTIFICATE OF ASSURANCE BY PARENT**

Dear parent,  
Please print this document and submit it after your ward has successfully completed the challenge.  
Use separate sheets for each of your ward, if more than one ward is participating in this challenge  
from your family.

Principal

#	DAY & DATE when your ward abstained from using SCREEN for 24 hours.	Signature of the parent	Remarks (if any)
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\* For students of Indian School Nizwa only.

I certify that my ward Master/Miss: .....

of Class ..... Section ..... GR No. ....abstained from using Television, computers, laptops, telephones, TABS, etc. fully for 24 hours on the above mentioned dates sincerely. I recommend my ward for receiving **“Letter of Appreciation”** for the same under **“30 Days No Screen Challenge”** from the school.

Signature: ..... Name of the parent: .....

Date: .....

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