

Let's join together in a unified devotion of faith and take a day to unplug, from sundown Holy Thursday to 6 pm Good Friday.

North Seattle Region:

DAY TO UNPLUG

Thirteen Catholic schools in the North Seattle region are inviting their school families to join together in a unified devotion of faith and abstinence. A Day to Unplug is our opportunity to recharge our faith and our connections to each other.

What does *Day to Unplug* look like?

At Home:

Consider shutting down your electronic devices. Abstain from social media, Netflix, Internet, phone calls and texts. Take extra time to reconnect with each other. Unplug unnecessary electronics such as lamps, chargers, and non-essential devices in a concerted effort to save electricity.

At School:

While each school will set their limits for school safety, the school day will be "unplugged" with limited use of lights and technology. School office phones and email will remain open. No unnecessary technology will be used in our classrooms, where the emphasis will be on human interaction, empathy, and compassion.

Each school will recognize Good Friday devotion in their own way. Most schools will end the day in silence.