



To: Community Leaders
From: The Municipal Alliance
Re: Montgomery/Rocky Hill Night Off March 4th, 2010
An Evening to Celebrate Family

Through the efforts of the Municipal Alliance, the Montgomery Township Board of Education, the Montgomery Township Committee and the Council for the Borough of Rocky Hill, **March 4th** has been designated as "Montgomery/Rocky Hill Night Off."

What does Montgomery/Rocky Hill Night Off mean? It means a community-wide observance of the importance of family by taking the night off from regularly scheduled commitments. The schools, township, houses of worship, scouts, and various community organizations agree to a night without meetings, practices, games, rehearsals, and homework on March 4th.

Each family decides how they wish to recognize the importance of family. A family can participate in a wide range of activities such as eating dinner together, playing board games or musical instruments, going skating or to a movie, or attending a sporting event, just to name a few.

Why? To encourage and promote quality family time.

Studies done by Search Institute have identified 40 positive experiences and qualities that have the power to influence the lives of children and youth. These are known as the 40 Developmental Assets that show family love, support and bonding is important for the child's development. Kids with strong family ties are less likely to make poor lifestyle choices. Familial bonding reduces kids' engaging in at-risk behavior such as criminal activity, truancy, sexual activity, and drug and alcohol use.

How can you help? Join us by clearing the date of any activities or classes regularly scheduled **after 5:00 p.m.** and by spreading the word. Lastly, if you head an organization, house of worship or school, we encourage you to go one step further and create opportunities for families to come together on **March 4th**.

We want to make this "Night Off" a night to remember. A night when the whole community joins together to celebrate our families.

Thanks in advance for your help in supporting and promoting this second Montgomery Night Off. If you have questions or suggestions, please contact the Municipal Alliance at municipalalliance@twp.montgomery.nj.us

The Municipal Alliance serves Montgomery and Rocky Hill through programs that address drug and alcohol issues and build a strong nurturing community for our youth.