

P R O C L A M A T I O N
Declaring Saturday, August 15, 2015
Family Day
in the Village of Orland Park

WHEREAS, bullying is a serious problem in our schools and communities, with 1 in 3 students in the United States being bullied on a regular basis; and

WHEREAS, studies show that students who are bullied experience negative physical, mental health, and school issues; and

WHEREAS, the average parent spends less than 38.5 minutes per week in meaningful conversation with their children; and

WHEREAS, lack of family interaction time can be directly linked to increased depression, anxiety, eating disorders and thoughts of suicide; and

WHEREAS, students are most likely to talk to their parents during dinnertime and experience less stress and have a better relationship with them; and

WHEREAS, regular family mealtime is a powerful predictor of high achievement scores; and

WHEREAS, research indicates that spending time with family around the dinner table greatly reduces the effects of bullying among young people; and

WHEREAS, *Family Day is the collaboration of the Bridge Teen Center, the South/Southwest Bully Coalition, the Village of Orland Park and the U.S. Conference of Mayors' Campaign to End Bullying.*

NOW, THEREFORE, I, Daniel J. McLaughlin, Mayor of the Village of Orland Park, ask families to set aside one meal together, unplugged from cell phones and electronic devices. The hope is that this effort will encourage and strengthen families and relationships in our community and do hereby proclaim August 15, 2015 to be designated Family Day in the Village of Orland Park.

Dated this 3rd day of August, 2015.

Daniel J. McLaughlin, Mayor