

# Recess Update!

At least 30 minutes of play everyday

**Recess Star  
Of the Month  
Tommy  
Johnson**

**Recess is great because we get to learn new games. We get to have a lot of fun together and meet people.**

**Timmiah Brooks**



**Star Parent:  
Da'Rel  
Richardson**

Thank you for supporting our Our Black History Month Celebration



1

## PARENTS

Encourage and support active & healthy lifestyles at home.

2

## TEACHERS

Lead students in various Recess activities every day for 30 minutes.

3

## COMMUNITY ALLIES

Use skills & abilities to inspire students to be healthy leaders of their own communities!

### Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun



# Upcoming Events

Stay Up to Date With all the Recess Program has to Offer!

- Open Gym Mondays Wednesdays and Fridays from 8-9am
- March 1st Walking Wednesday - Mardi Gras Celebration & Parade
- April 5<sup>th</sup> Walking and Rolling Wednesdays 8:15am - 9am Walk or Bike with us.
- April 28<sup>th</sup> All Pro Dads & Mighty Moms Dance

## Eagles Fitness Club

# WALKING and ROLLING



### Wednesdays

**April 5<sup>th</sup> - June 14<sup>th</sup>**  
 Every Wednesday  
**8:15am - 9:00am**  
**Meet us in the Gym**

Stroll along our  
 Eagle's Indoor/Outdoor Walking Path  
 Or ride on our stationary bikes or cycle outdoors.

**VOLUNTEERS are wanted for our school activities. Make time to make a difference.**  
**Contact our school office or ext. 3020**

**Genesee Valley Little League 2017 Registration**  
**Spring/Summer Leagues are now being formed**  
**for Girls & Boys ages 5 to 12 years old**



**For more information contact Larry Floyd (585)328-3768**

**TEACHERS** , just a reminder, your monthly activity logs are to be done electronically . Please track activity for one week and submit your log.

- 1) Every teacher who submits his or her Activity Logs on time is eligible for a gift card valued at **\$100** that may be used for any classroom materials or equipment. --also--
- 2) The grade with the highest percentage of on-time, completed Activity Logs will be eligible for a field trip for that grade. Possible field trips include canoeing, bowling, ski lessons, ropes course (at MCC), rock climbing, orienteering, Strong National Museum of Play, and any sporting event.

**Should you need additional equipment or resources contact the Recess Team.**



### Recess Rules

1. **Respect The Game**
2. **Play Hard**
3. **Have Fun**

**Thank you for supporting Recess!**

**Recess Team:** Room 122E ext. 1225 **Coaches:** Shawn Anderson, Shurena Wall

**Program Coordinator:** Jackaulvn Snowden Brown





**Black  
History  
Month  
Celebration**



**S.O.A.R. Dance**

