

Recreation Night

NEW at Whiteley!! Recreation Night is an Intramural program designed to make physical fitness **FUN**. Join your friends and compete against each other in a friendly **GAME** of bombardment, garbage, human foosball, scooter races, or complete against the parents in dodgeball!

Each grade will have their chance to join in during Rec. Night. Make sure you wear your Whiteley colors and support your grade. All participants will receive a prize at the end of the year for their participation. Parents are welcome and encouraged to stay and participate with their child. However, parental supervision is not required.

Wednesday, April 7	6:30-7:30 pm	Grades 3 & 4
Thursday, May 13	6:30-7:30 pm	Grades 1 & 2

Frank C. Whiteley Gym and Multipurpose Room

Questions? E-Mail Jennifer Kiolbassa, jenkiolbassa@yahoo.com, or call 847-991-0281.

Researcher Benjamin Sibley, Ph.D. "Interventions to increase physical activity and improve nutrition is an effective method to improve student academic performance. Implementation of a program to increase physical activity and improve nutrition at schools led to increased attendance, decreases in nurse visits and discipline referrals, and improved achievement test performance by students." --- News Release, June 1, 2006, American College of Sports Medicine.