

## Help support Central Elementary and your community!

**Who:** Open to all grade levels and their families!

**When:** Wednesday, March 11 through Wednesday, March 25th

Dodgeball Tournament (grades 4-5) Thursday, March 19th from 4-5pm

Family Night (K-3) Thursday, March 19th from 5-6pm

**Cost:** To participate in the program during school PE/health—FREE!

To participate in the Dodgeball Tournament or Family Fun Night—any donation

**Where:** Central Elementary Gym

**Why:** Starting on March 11th, Central Elementary will be participating in a two week educational fundraising program called health.moves.minds.™ This national program was developed by SHAPE America. Through lessons and activities taught in health and PE class, students will learn how to take care of their mind and body, while also developing important character traits such as kindness and empathy. Teaching students these real-life skills now will have a positive impact on their physical and mental health for years to come. As part of this program, we are raising money to help create a more active and healthy school environment, which will ultimately help our students physically, emotionally, socially, and academically. Our school has also decided to partner with the Special Olympics of Illinois, who will greatly benefit from our school's fundraising efforts. Our school has been blessed to work with students with special needs the past two years, and we would love to continue to support those in need within our community.

Please head to our school's PE page at <http://cees.psd202.org/page/pehealth> or use the QR code below. From there, you can access more information on why we chose the Special Olympics, how to join our online fundraising team, and a copy of the permission slip for the 4th and 5th grade Dodgeball Tournament.

To make a donation, you can 1. join our team online, or 2. send cash or check in a labeled envelope with your child's name on it.

**Parents DO NOT need to be present for the 4th/5th grade Dodgeball Tournament, but parents MUST be present for the K-3 Family Fun night.** Thanks for your consideration in helping our school and community!

