

SAVE THE WEEK
TURN OFF WEEK IS
APRIL 20 - APRIL 26,
2009

Dear Central School Parents,

Central School PTO is sponsoring Turn Off Week 2009. Turn Off Week (Monday, April 20 through Sunday, April 26) is a worldwide event sponsored by the Center for Screen-Time Awareness (www.ScreenTime.org). During Turn Off Week, millions of children and adults pledge to spend seven days screen free by turning off their televisions, computers, video game players, iPods, and handhelds for all recreational use.

If your child wants to participate in Central School's Turn Off Week, prior to the start of Turn Off Week, he or she will receive a sheet of 9 tickets. For each of the 7 days during Turn Off Week that your child has been screen free, he or she may turn in a ticket to his or her teacher. Your child may also participate and turn in extra tickets by writing an essay and making a poster, both of which we will submit to national contests held by the Center for Screen-Time Awareness. Also, for his or her participation in Central's Turn Off Week, your child will receive a Central wristband. Tickets will be drawn in a school wide lottery for prizes. So the more tickets your child enters, the better his or her chance to win a prize.

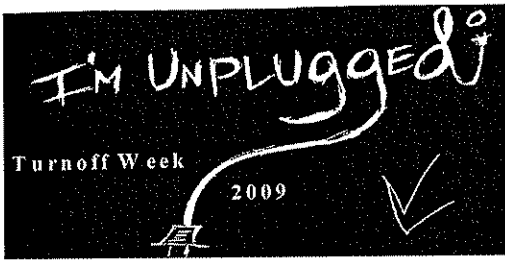
We are asking the parents of Central School students participating in Central's Turn Off Week to lead their family in this effort. By reducing your screen time you become available to your children and family. By encouraging and participating in family activities, meal times and other events, you show that the family unit is important to you, making it more important to them. Also, according to some experts, too much time spent with electronic games, televisions, DVDs and the Internet can lead to obesity, depression and attention disorders and to a fundamental lack in appreciating and protecting nature. For your reference, attached is information about the importance of reducing screen time.

By giving you advance notice of Turn Off Week, you have time to think of non-screen activities for your children and your family to do during the week. Also, to help you, there will be special programs in Riverside during the week held by the Riverside Public Library, Principle Dance Studio, The Riverside Arts Center, and the Fredrick Law Olmsted Society. *Please sign up for these programs as soon as possible, so these organizations have sufficient participation to hold the event!* Attached is a list of activities in Riverside to help you plan your week.

The 2009 Turn Off Week theme is "I'm unplugged and ready to..." So, get unplugged and get ready to...read, play outside, draw with chalk on the sidewalk, organize a game of football, baseball or basketball, hold a family night, play a board game, dance, take a walk, explore a museum, write a letter...

Sincerely,

The Central PTO Turn Off Committee

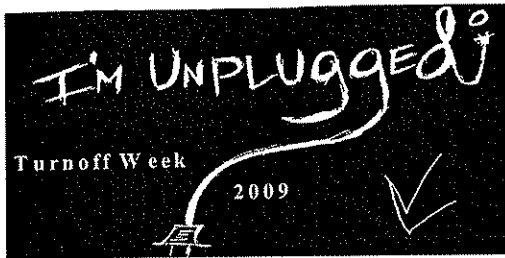


WHY SHOULD MY FAMILY PARTICIPATE IN TURN OFF WEEK?

Traditionally, the Turn Off (the TV) movement has sought to roust children off the couch in order to foster a healthy body and fight obesity. However, more recently, scientific research has shown that the effect of too much screen time (whether it is computers, game systems or television) has become harmful to the mental and emotional development of children. Sadly, on average, only 6% of children ages 9-13 years old play outside.

Research has determined that time spent outdoors in nature is critical to children's physical, social and emotional development. The lack of time spent outdoors, connected with nature and the larger environment has led to a syndrome labeled "Nature Deficit Disorder" by the award-winning author Richard Louv, *Last Child in the Woods – Saving Our Children from Nature Deficit Disorder*. Children who spend time outdoors have more self-esteem, more creativity, better concentration and less stress than children who do not play outdoors. Researchers have found that doses of outdoor activity allow both children and adults to increase their focus. In fact, in more extreme cases, research has also shown that children diagnosed with attention deficit disorder (ADHD) or depression can be helped with increased exposure to nature.

Many Chicago area cultural and environmental institutions have joined the national initiative called Leave No Child Inside. This movement seeks to raise public awareness about the importance of access to nature for healthy childhood development. Further; our national lawmakers are currently considering The No Child Left Inside (NCLI) Act (H.R. 3036). This Act was passed by the U.S. House of Representatives on September 19, 2008, and will be up for consideration by the Senate in 2009. This legislation calls for better environmental education training for teachers across the U.S.; planning for environmental curriculum at the local, state, and university levels; and federal grants to help young people become more engaged in the natural world. For more information on The Leave No Child Inside initiative, and ideas for how to connect your children to nature, visit www.kidsoutside.info. For events in our area, please check out the Chicago Wilderness website at www.chicagoenvironment.org/events/index.cfm. Finally, to learn more about what national and local leaders are doing help connect children with nature, please see the website for the Children and Nature Network at www.childrenandnature.org.



PLAN YOUR WEEK: THINGS TO DO IN RIVERSIDE DURING TURN OFF WEEK

LEARN ABOUT ASTRONOMY!

Riverside Public Library is hosting a family astronomy program with Dennis Pavlik on Tuesday, April 21, 2009 at 7 pm. Sign up at the Riverside Public Library for an exciting evening of leaning about the stars and sky, and then heading outside (weather permitting) to view it all through a telescope!

Riverside Public Library
1 Burling Road, Riverside, IL 60546
708-442-6366 / www.riversidelibrary.org

LISTEN TO MUSIC!

Riverside District 96 presents a Band Concert at Hauser on Wednesday, April 22, 2009 at 7:00 pm.

SEE YOUR CHILDREN'S ACCOMPLISHMENTS!

Central School presents its Spring Open House on Thursday, April 23, 2009 at 7:00 pm. (Students attend the Spring Open House with their parents).

MAKE ART!

The Riverside Arts Center (RAC) is offering 1/2 hour "taste of RAC" sessions on Friday, April 24 and Saturday, April 25. The number of students per class is limited. Use the attached registration form to register for these sessions. Classes are \$5.00 per 1/2 hour session.

Riverside Arts Center
32 E. Quincy Road, Riverside, IL 60546
708-442-6400 / www.riversideartscenter.com

Friday, April 24th 4-6PM

- 4:00pm to 4:30pm Handbuilding with Shawn Vincent - grades K-2
- 4:30pm to 5:00pm Handbuilding Mini Masks with Heather Hug - grades 3-5
- 5:00pm to 5:30pm Wheel Throwing with Tami Gagne- grades K-2
- 5:30pm to 6:00pm Wheel Throwing with John Harmon and Bob Finn - grades 3-5

Saturday, April 25th 10AM to Noon

- 10:00am to 10:30am Recycled paper collage with Heather Hug - grades 3-5
- 10:30am to 11:00am Soap making with Shawn Vincent - grades K-2
- 11:00am to 11:30am Print making with clay and objects - grades 3-5
- 11:30 to Noon "Green" painting with Tami Gagne - grades K-2

DANCE!

Principle Dance Studio is offering 1/2 hour "mini classes" on Sunday, April 26, 2009. These classes are designed for both boys and girls to participate. Use the attached registration form to register for these classes. Classes are \$3.00 per 1/2 hour session.

Principle Dance Studio
42 East Ave., Riverside, IL 60546
(708) 447-0820 / www.principledance.com

2:00-2:30 p.m. (K-1st Graders)

A Creative Introduction to Ballet

Students will learn some basic ballet positions, partner dances, and a movement story that will demonstrate elements of dance. A variety of musical tempos and styles will be used.

2:30-3:00 p.m. (2nd & 3rd Graders)

Ballet: The dance form of Kings and Queens

Students will learn to speak some French and move with strength and grace. Classical piano accompaniment will be used. A short video demonstrating a professional male and female performing this dance form will be shown.

3:00-3:30 p.m. (2nd & 3rd Graders)

Hip Rhythms: A taste of American Dance - Jazz, Tap, & Hip Hop

Students will learn a call and response technique that will teach rhythm, coordination, and focus while listening to music that represents each of these dance forms. A short video demonstrating a professional male and female performing one of these techniques will be shown.

3:30-4:00 p.m. (4th & 5th Graders)

Hip Rhythms: A taste of American Dance - Jazz, Tap, & Hip Hop

Students will learn a call and response technique that will teach rhythm, coordination, and focus while listening to music that represents each of these dance forms. A short video demonstrating a professional male and female performing one of these techniques will be shown.

4:00-4:30 p.m. (4th & 5th Graders)

Ballet: The dance form of Kings and Queens

Students will learn to speak some French and move with strength and grace. Classical piano accompaniment will be used. A short video demonstrating a professional male and female performing this dance form will be shown.

HELP CLEAN UP RIVERSIDE!

Please join the Frederick Law Olmsted Society & the Riverside Public Works Department to celebrate Turn Off Week by helping to weed & maintain a landmark of Riverside!

Saturday, April 25th, 2009, 9am - 12pm

The Scottswood Commons

Meet at Scottswood & Bloomingbank. Look for the Riverside Public Works dump truck. Supervised children are welcome. Bring your favorite work gloves & a water bottle. All other supplies & snacks will be provided. For more information, please contact Holly Machina, FLOS Landscape Co-chair at 447-0226 -OR- Mike Collins, Riverside Forester at 442-3590 ext. 502.

Hofmann Dam River Rats present their 25th annual spring RIVER CLEAN-UP.

Saturday, April 25th, 2009, 9am to 12pm

Meet in the forest preserve area north of Barrypoint Road near Hofmann Dam. Bags & poker sticks provided by the Cook County Forest Preserve District. Wear long pants & sleeves, sturdy shoes & gloves! Refreshments will be served. Call Bob Bezouska for more information at 708-749-9654.

THANK YOU TO OUR SPONSORS:

RIVERSIDE ARTS CENTER

PRINCIPLE DANCE STUDIO

FREDRICK LAW OLMSTED SOCIETY

RIVERSIDE PUBLIC LIBRARY

BROOKFIELD ZOO

CENTRAL PTO

DR. LIMPERIS AND THE TEACHERS OF CENTRAL SCHOOL

Check out the Summer Classes and Camps
available at two of Riverside's best UNPLUGGED
places for kids:

Principle Dance Studio

42 East Ave., Riverside, IL 60546
(708) 447-0820 / www.principledance.com

Offering ballet, tap, jazz and hip-hop summer classes for a variety of ages June 22-August 8th. Parents will be invited for an observation to see students' progress. Announcing a three-week intensive Musical Theatre Workshop for 4th graders and up June 29-July 17th. Students will receive lessons in jazz, tap, acting, and voice. A musical revue will be performed on the last day! *Detailed brochures are available at Principle Dance Studio.*

The Riverside Arts Center

Riverside Arts Center
32 E. Quincy Road, Riverside, IL 60546
708-442-6400 / www.riversideartscenter.com

Offering 6 summer camps: Full, half-day and 2-hour segments available:

- Camp 1-Mud and Mixed Media June 8-12 Ages 8+
- Camp 2-Paint, Paper and Mud June 15-19 Ages 5-7
- Camp 3-Animal, Vegetable, Mineral June 22-26 Ages 5+
- Camp 4-Person, Place, Thing July 6-10 Ages 12+
- Camp 5-Paint, Paper and Mud July 13-17 Ages 8+
- Camp 6-Mud and Mixed Media July 20-24 Ages 5-7

Detailed brochures are available at the Riverside Arts Center.

REGISTRATION FORM

RIVERSIDE ARTS CENTER AND PRINCIPLE DANCE SESSIONS

To sign up for a session or class, please fill out the form below and return it with a check to the Central school office c/o Karen Doornebos/Central PTO by Monday, April 20, 2009. No refunds will be given. Registration is on a first come basis. Please use a separate form for each student.

RIVERSIDE ARTS CENTER:

Fee is \$5.00 per session (make checks payable to *Riverside Arts Center*)

Friday, April 24, 2009

- ___ 4:00pm to 4:30pm Handbuilding with Shawn Vincent - grades K-2
- ___ 4:30pm to 5:00pm Handbuilding Mini Masks with Heather Hug - grades 3-5
- ___ 5:00pm to 5:30pm Wheel Throwing with Tami Gagne- grades K-2
- ___ 5:30pm to 6:00pm Wheel Throwing with John Harmon and Bob Finn - grades 3-5

Saturday, April 25, 2009

- ___ 10:00am to 10:30am Recycled Paper Collage with Heather Hug - grades 3-5
- ___ 10:30am to 11:00am Soap Making with Shawn Vincent - grades K-2
- ___ 11:00am to 11:30am Print Making with clay and objects - grades 3-5
- ___ 11:30am to 12:00pm "Green" Painting with Tami Gagne - grades K-2

PRINCIPLE DANCE STUDIO:

Fee is \$3.00 per class (make checks payable to *Principle Dance Studio*)

Sunday, April 26, 2009

- ___ 2:00pm to 2:30pm A Creative Introduction to Ballet – grades K-1
- ___ 2:30pm to 3:00pm Ballet: The Dance Form of Kings and Queens – grades 2-3
- ___ 3:00pm to 3:30pm Hip Rhythms: A Taste of American Dance - Jazz, Tap, & Hip Hop – grades 2-3
- ___ 3:30pm-4:00pm Hip Rhythms: A Taste of American Dance - Jazz, Tap, & Hip Hop – grades 4-5
- ___ 4:00pm-4:30pm Ballet: The Dance Form of Kings and Queens – grades 4-5

Student Name: _____ **Grade:** _____

Telephone: _____

Address: _____

***Email:** _____

(*Email address will be used to confirm your child's enrollment in each session/class)

Total Amount enclosed (separate checks, please):

Riverside Arts Center: \$ _____

Principle Dance Studio: \$ _____