

Screen Free Week 2014

April 21st – 26th

Central School is sponsoring Screen Free Week 2014, the week of April 21st – 26th. During Screen Free Week, children and adults are encouraged to spend an entire week “unplugged” by turning off their televisions, computers, video game players, iPods, iPads and other tablets and hand-held devices for all recreational use.

We ask the parents of Central School students participating in Screen Free Week to lead their families in this effort to reduce screen time. In doing so, you are freeing up additional time to spend with your children in other fun and creative ways.

To offer alternative activities for your children, there are many fun programs and events to be held at Central School and in Riverside, throughout the week. In addition to a number of after-school activities scheduled at Central School, there are also offerings off-site through the Frederick Law Olmsted Society, the Riverside Public Library, Riverside Parks & Rec and the Riverside Art Center. All offerings are open to both boys and girls.

***Please note that most activities have limited space and will require registration - signup instructions are listed within the link to SignUpGenius, below.*

Screen Free Week 2014 – Activity Guide

Monday, April 21

3:15pm – 4:00pm **Floor Hockey** Central School Gym

Compete in the comfort of your own shoes and reap all the awesomeness of hockey! Join Riverside Parks & Recreation Department staff as they lead you through drills and instruction, ending with scrimmage games. All skill levels welcome. Be sure to wear gym shoes!

Registration Required – Maximum Participants: 20

Tuesday, April 22

3:15pm – 4:00pm **Basketball** Central School Gym

Join the Riverside Parks & Recreation Department staff to work on basketball fundamentals while playing a game or two of hoops with your friends! Invite your classmates to join the fun!

Registration Required – Maximum Participants: 20

Tuesday, April 22 - continued

3:15pm – 4:00pm ***Get 'Em Tied*** Central Classroom - TBD

Still trying to master tying your shoes, without Mom or Dad's help? Then this class is for you! Join Occupational Therapist Jennifer Cameron as she teaches you this lifelong skill. Remember to wear lace-up shoes or sneakers and be ready to show everyone your newly perfected skills!

Registration Required – Maximum Participants: 10

7:00pm ***"Power to the Pollinators"*** Riverside Public Library

Birds, bees and butterflies play a big role in providing humans with food. Come learn how we can return the favor. Jess Reese of the Brookfield Zoo will talk about providing food and nests for these important friends in our garden. To celebrate Earth Day, make and take seed balls and tube nests home with you! Appropriate for all ages and a great family activity. No registration necessary.

Wednesday, April 23

3:15pm - 4:15pm ***Cupcake Decorating*** Hauser/Central Cafeteria

Join baker and cake decorator extraordinaire, Paula Fudacz, as she teaches you the basics of cupcake frosting and decorating technique. All supplies are included, so come prepared to be creative!

Registration Required – Maximum Participants: 20

3:30pm – 4:15pm ***Kickball*** Big Ball Park

Join the Riverside Parks & Recreation Department staff for a fun and intense game of kickball. Invite your friends to form teams and bring your "A Game" to Big Ball Park!

Note: Children will walk to the park, after school, accompanied by adult volunteers. Pickup will be from Big Ball Park NOT Central School.

Registration Required – Maximum Participants: 20

Thursday, April 24

3:15pm – 4:15pm ***Mini Acting Academy*** Hauser/Central Cafeteria

Exercise your mind and your funny bones in this lively Acting Academy! Whether you are a natural in the limelight or want to test the waters, this Screen-Free session is for you! Acting pro Dawn Gmitro will take you through some steps to release your inner character. Sure to include lots of laughter!

Registration Required – Maximum Participants: 16

Thursday, April 24 - continued

3:30pm – 4:15pm **Flag Football** Big Ball Park

Join the Riverside Parks & Recreation Department as you test your skills and speed in a lively game of flag football. Invite your classmates to join you in “deflagging” the opposing team!

Note: Children will walk to the park, after school, accompanied by adult volunteers. Pickup will be from Big Ball Park NOT Central School.

Registration Required – Maximum Participants: 20

Friday, April 25 *No After School Activities Today*

Be creative and keep Screen Free Week alive by finding fun activities that do not require being plugged in! Play outside – take your scooter, skates or bike for a spin – play tag, basketball, soccer, baseball, etc. – be active!

Saturday, April 26 Frederick Law Olmsted Society Landscape Workday

9am – 12 noon Swan Pond (near the old Fairbank Dam – parking on Fairbank Road)

Wrap up Screen Free Week by getting outside for some spruce-up fun with the Frederick Law Olmsted Society. Join them, the Riverside Public Works Department and members of Riverside Brookfield High School as they team up to celebrate Arbor Day, Earth Day, Olmsted’s Birthday, RBHS Day of Service and Central School’s Screen Free Week!!

Along with planting a tree to celebrate Arbor Day, you will be helping to remove weeds from the riverbank, picking up trash, and mulching planting beds. Come for an hour or three, whatever your schedule allows. Children must be supervised, so this is a by great family activity. Bring your favorite work gloves and a water bottle. All other supplies and snacks will be provided. Look for the Riverside Public Works dump truck.

Saturday, April 26

11:00am – 12 noon “Inorganic Creatures” Riverside Arts Center

In this workshop, learn the art of creating cool, inorganic robot-like creatures from random everyday found objects, with the help of simple wire and glue! Mr. T will show you how, the rest is up to you!

Registration Required – Maximum Participants: 12

11:00am – 12 noon “Playing in Clay” Riverside Arts Center

Haven’t experienced a class with Miss Tami? Then you are in for a treat! Join her as she helps you create a treasure that is sure to be cherished. Unleash your creativity!

Registration Required – Maximum Participants: 12

Saturday, April 26 Riverside Parks & Recreation KITE FLY

1:00pm - 2:30pm Big Ball Park

Celebrate your parks with beautiful colors in the sky! Come out to the Riverside Kite Fly! Join your friends at Big Ball Park to catch some air and show off your kites. Other fun activities will be planned for family fun. Each year parks in Illinois celebrate the outdoors with an Annual Kite Fly to raise awareness of youth fitness and nutrition. Let's show them how we do it in Riverside!

TO REGISTER: www.SignUpGenius.com/go/409054DA5AD28AA8-screen2

Questions? Contact Ann Marie Dixon at amdixon08@gmail.com