

Screen Free Week 2015

April 20th – 25th

Central School is sponsoring Screen Free Week 2015 the week of April 20th – 25th. During Screen Free Week, children and adults are encouraged to spend the 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 that will 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 2015 – Activity Guide

Monday, April 20

2:30pm - **ProBike Show featuring Matt Wilhelm** Riverside Swim Club Parking Lot

We will be kicking off Screen Free Week with an exhibition by Matt Wilhelm, an award-winning BMX bike stunt performer, who will perform amazing stunts while speaking about bike safety, bullying, perseverance and character. He has performed for Central students in the past and it was a big hit! Please note that we will not provide chaperones to escort the children to and from the Swim Club and there will be no organized adult supervision provided. Therefore, we encourage parents to come with their children for this awesome event! Adults can use their own discretion with older students.

Tuesday, April 21

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

Join the Riverside Parks & Recreation Department staff and work on your 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 21 - continued

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

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

Registration Required – Maximum Participants: 20

Wednesday, April 22

3:30 pm- 4:30pm **"Journey From The Heart"** Riverside Public Library

Come celebrate the true meaning of Earth Day: presenter Dennis Page will guide us in an exhibition about native North American cultures and traditions. Participate in flute playing, circle dances, animal impressions, stories, songs, drumming and sharing of the Medicine bag and be into the humor and ancient wisdom of the First Nations. Co-sponsored with the Riverside Library.

This is appropriate for all ages and a is great family activity. No registration is necessary. There will be no chaperones escorting children to the library for this presentation.

Wednesday, 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

Wednesday, April 22 - continued

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

Play hockey in the comfort of your own shoes and enjoy all of the fast action and big saves that hockey brings! 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

Thursday, April 23

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 your children after the event at Big Ball Park NOT Central School.

Registration Required – Maximum Participants: 20

Friday, April 24

3:15pm – 4:00pm **Trees, Please!** Triangle Park across from the playground

Did you know that we need trees in order to live and breathe? Without trees, there would be no people. Pretty neat, huh? Join Naturalist Monica Munaretto at the triangle park across from the Central School playground, and find out how trees work, what they do for people, and what people should do to help trees.

Registration Required – Maximum Participants: 15

Friday, April 24 - continued

6:00pm - 8:00 pm **Riverside Parks & Recreation DAYLIGHT FIELD GAME NIGHT** Big Ball Park, Ages 8-13.
You will need to sign up for this through Riverside Parks & Recreation.

Are you looking for something fun to do with friends on a Friday night? Join Riverside Parks & Recreation for night games at Big Ball Park. You will play amazingly fun and strategic outdoor games. Games and activities of non-electronic, supersonic fun! Staff has crazy entertainment planned for all night long! Children must wear weather appropriate and athletic apparel. Gym shoes required! Parents will be required to sign your children in and out. If someone else is picking up your child, they will need a signed note. Fee: \$5/residents.

Saturday, April 25 *Frederick Law Olmsted Society Landscape Workday*

9am – noon Swan Pond (near the library - look for the Public Works dump truck)

Wrap up Screen Free Week by getting outside for some spruce-up fun with the Frederick Law Olmsted Society and others as they team up to celebrate Arbor Day, Earth Day, Olmsted's Birthday, and Central School's Screen Free Week!

You will plant a tree to celebrate Arbor Day, help remove weeds and pick up trash. Come for an hour or three, whatever your schedule allows. Please wear closed-toe shoes and long pants. Bring your favorite **work gloves and a water bottle**. All other supplies and snacks will be provided. Children must be supervised, so this is a great family activity.

Saturday, April 25 - continued

11:00am – 12:00 pm ***Intuitive Found Art Immersion*** Riverside Arts Center

Join Mr. T and learn the simple but effective methods of connecting and repurposing fun found objects that can be made into jewelry, cool action figures and much more. You will be amazed at what you can create with simple wire, random finds and imagination.

Registration Required – Maximum Participants: 12

11:00am – 12:00 pm ***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 fun and creative garden planters out of clay.

Registration Required – Maximum Participants: 12

Saturday, April 25 Riverside Parks & Recreation KITE FLY

9:30pm - 10:30pm 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! Fee: Free

TO REGISTER: www.SignUpGenius.com/go/4090444A9AF2DA46-screen

Questions? Contact Dana Tomas at danactomas@hotmail.com