First off, I want to tell you how proud I am of your child. Every student made excellent improvement in their physical fitness this year. As a class, we explored the importance of various activities to develop skills for maintaining a healthy and active lifestyle. We participated in activities such as dance, gymnastics, team based sports, lifetime sports, and aerobic activity. I hope they continue to build upon these skills as a part of a fun and rewarding summer vacation, so they are ready to participate in the upcoming school year.

I hope your child can share with you some of the things we learned together this year, because having an active family is the best motivation to keep our children engaged in being physically active.

Don’t Fall Behind

Springing into Summer

Don’t Forget to:
• Stay Active
• Practice your skills
• Eat healthy
• Get plenty of rest
• Drink Water
• Wear Sunscreen
• Get Outside
• Be Safe

Reminders:

Remember that all clubs are on a voluntary basis. Anyone who would like join is welcome, but please consider travel arrangements because we meet both before and after school every week. If you are looking for free summer activities don’t forget to check our webpage riverviewelementary.org for updates on events in our community.