

# Monroe School

## Lift - A - Ton Club **Winter** 2019



Dear Monroe School Parents:

Mrs. Andreoni and Miss Marcucci are sponsoring the **Lift - A - Ton Club** at Monroe School.

Students in grades **2 through 5** are invited to participate in our before school Lift - A - Ton Club. This is an opportunity for our students to improve their upper body strength. Students will determine the number of repetitions needed to ‘lift - a - ton’ of their own body weight, by completing a designated number of push-ups. The students will work with another club member to help count repetitions.

Weight tokens will be awarded for each ton lifted. We have calculated that students will be able to earn a weight token after a few club meetings. The tokens are similar to those earned with the Milers Club. Weight tokens may be attached to shoe laces or worn on a lanyard.

The club meets from 8:05 to 8:25 am for six sessions. We will meet in the gym for this activity. Students are not required to attend every session. The first session that your student chooses to attend will be an introduction.

**There is no fee.** “Weight Tokens” are provided by Monroe School. Unfortunately we will not be able to replace lost tokens. If you would like your child to participate in Monroe School Lift - A - Ton Club, please sign and complete the permission slip below. Return permission slips to either Miss Marcucci or Mrs. Andreoni.

Sincerely,

Lori Andreoni and Melissa Marcucci, Physical Education Teachers

<b>Before School 8:05 to 8:25</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>No Meeting February 4</i>	<b>Lift-A-Ton February 5</b>	<i>No Meeting February 6</i>	<b>Lift-A-Ton February 7</b>	<i>No Meeting February 8</i>
<i>No Meeting February 11</i>	<b>Lift-A-Ton February 12</b>	<i>No Meeting February 13</i>	<i>No Meeting February 14</i>	<b>Lift-A-Ton February 15</b>
<i>No School February 18</i>	<b>Lift-A-Ton February 19</b>	<i>No Meeting February 20</i>	<b>Lift-A-Ton February 21</b>	<i>No Meeting February 22</i>



## **Monroe Lift - A - Ton Club Permission Slip**

Please return the permission slip by the first Monroe Lift - A - Ton Club session.

\_\_\_\_\_ has my permission to  
(student's first and last name)

participate in the Monroe Lift - A - Ton Club.

\_\_\_\_\_ (parent signature) \_\_\_\_\_ (date)