

Monroe School

Lift - A - Ton Club **Winter 2020**



Dear Monroe School Parents:

Mrs. Andreoni and Mr. Oldenburg 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 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.

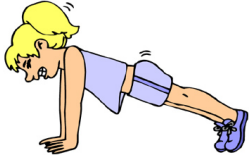
The club meets from 8:05 to 8:25 am. We will meet in the gym for this activity. Students are not required to attend every session. The first session that your student chooses to attend will be an introduction.

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 Mrs. Andreoni or Mr. Oldenburg.

Sincerely,

Lori Andreoni, Physical Education Teacher and Matt Oldenburg, 5th Grade Teacher

Before School 8:05 to 8:25				
Monday	Tuesday	Wednesday	Thursday	Friday
<i>No Meeting February 3</i>	Lift-A-Ton February 4	<i>No Meeting February 5</i>	Lift-A-Ton February 6	<i>No Meeting February 7</i>
<i>No Meeting February 10</i>	Lift-A-Ton February 11	<i>No Meeting February 12</i>	Lift-A-Ton February 13	<i>No Meeting February 14</i>
<i>No School February 17</i>	Lift-A-Ton February 18	<i>No Meeting February 19</i>	Lift-A-Ton February 20	<i>No Meeting February 21</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)