



# POWER UP

# FOR 30



## 2020-2021

Power Up for 30 is a FREE and OPTIONAL program available to all students at River Eves. Kindergarten students will begin on January 11th, 2021

Power Up for 30 begins every morning promptly at 7:10. Please arrive as close to 7:10 as possible, so you can participate in the full 30 minutes of activity! Each grade level is assigned a specific day to attend, which is posted below. Please remind your students to eat breakfast prior to coming to Power Up for 30!

We are asking that each student who wants to participate in Power Up for 30 this school year registers via this form in order to provide an improved experience for our students. Registration provides us a number of students to plan activities for, and also ensures that classroom teachers know which students will be spending their morning at Power Up for 30!

The Power Up for 30 initiative encourages physical activity outside of structured Physical Education class. Studies have shown that being physically active can increase test scores and help students focus and pay better attention while in the classroom. These studies and more are why we offer Power Up for 30 to all our students!

Please return the signature portion of this registration form to Coach Snyder as soon as possible! We look forward to seeing your students on their Power Up for 30 Morning! Thank you for your support!

WEEKLY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>POWER UP</b>	Kindergarten	1st and 2nd Grade	3rd Grade	4th Grade	5th Grade
<b>SCHEDULE:</b>					

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## POWER UP FOR 30 REGISTRATION FORM

Please return this Signature portion to Coach Snyder. Thank you!

**STUDENT'S NAME:** \_\_\_\_\_

**STUDENT'S GRADE:** \_\_\_\_\_

**PARENT SIGNATURE:** \_\_\_\_\_