

## “20 Minutes of Recess a Day Keeps the Doctor Away!”

Dear P.S. 175 Families,

Our outdoors recess program has been closed since December. Instead of going outside in the yard, the children have been spending their recess time after lunch in the auditorium watching movies. You might have heard from your children how much they have been missing their outdoors time when they can get fresh air, play games with friends and be as loud as they want. Recess had provided our kids with much needed oxygen and exercise to keep their body and mind healthy, strong, and focus on their school work.



Our school would like to reopen the outdoors recess program and is looking for parents volunteers to help. The more parents we have to help with recess the more time and the more often children can go out to play.

Volunteering for recess is very easy and enjoyable. You will be helping our teachers' aids to watch the kids in the yard. You will be able to spend time with the children, meet other parents and staff, and enjoy some fresh air yourself. Your help will go a long way to support all our children.

**If you can help with recess, please, fill in the form below and send it with your child to school.**

Maria Dakov & Cheryl Untrojb  
Co-chairs of the P.A. Recess Committee

**Maria Dakov—[dakovm@hotmail.com](mailto:dakovm@hotmail.com), 718-614-4588**  
**Cheryl Untrojb—[bambita0504@msn.com](mailto:bambita0504@msn.com), 718-551-8107**

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Your name: \_\_\_\_\_

Your child's name and class: \_\_\_\_\_

E-mail you can be reached: \_\_\_\_\_ (Please, write clearly)

Phone #'s you can be reached: \_\_\_\_\_

**I would like to volunteer for outdoors recess during the following days and times:  
(Please, circle the day/days and times you will be able to help.)**

<b>Mondays:</b>	<b>11:45 - 12:30</b>	<b>12:45 - 1:30</b>	<b>1:45 - 2:15</b>
<b>Tuesdays:</b>	<b>11:45 - 12:30</b>	<b>12:45 - 1:30</b>	<b>1:45 - 2:15</b>
<b>Wednesdays:</b>	<b>11:45 - 12:30</b>	<b>12:45 - 1:30</b>	<b>1:45 - 2:15</b>
<b>Thursdays:</b>	<b>11:45 - 12:30</b>	<b>12:45 - 1:30</b>	<b>1:45 - 2:15</b>
<b>Fridays:</b>	<b>11:15 - 12:00</b>	<b>12:15 - 12:45</b>	<b>1:00 - 1:30</b>

**Dear classroom teachers, please, put all forms from your class in the Pen and Ink mailbox, Attn. Maria Dakov. Thank you in advance for your help and support.**