Dear Parents and Students,

This is a reminder that it is time again for Field Day activities for all grade levels. THANK YOU TO ALL OF YOU WHO HAVE VOLUNTEERED TO HELP! I HAVE ALREADY SENT HOME REMINDER SLIPS TO THOSE OF YOU I HAVE HEARD FROM. Field day events this year will be held at Alumni Stadium (the high school football field) on the following days and at the following times:

**MONDAY, MAY 21st**
4th grade from 9:00 to 10:30

**TUESDAY, MAY 22nd**
Kindergarten from 9:15 to 10:15
2nd grade from 10:30 to 11:30

**WEDNESDAY, MAY 23rd**
1st grade from 9:15 to 10:15
3rd grade from 10:30 to 11:45

Students should dress appropriately for the weather conditions, and ALL STUDENTS SHOULD WEAR APPROPRIATE GYM SHOES. Students are also encouraged to bring water bottles.

**QUOTES OF THE MONTH:**
- “People who exercise frequently, even if it is weeding in the garden or walking around the block, enjoy better overall health – physically and emotionally.”  
  *Dr. Walt Latimore*
- “It is remarkable how one’s wits are sharpened by physical exercise.”  
  *Pliny the Younger*

If you ever have any questions or need to communicate with me, please give me a call at 440-259-9161 or 440-415-7980. Please leave a message, and I will return your call as soon as possible. You can also communicate with me by e-mail at ohlerd@perry-lake.k12.oh.us.

Have a great day!

The Gym Guy

Mr. Ohler