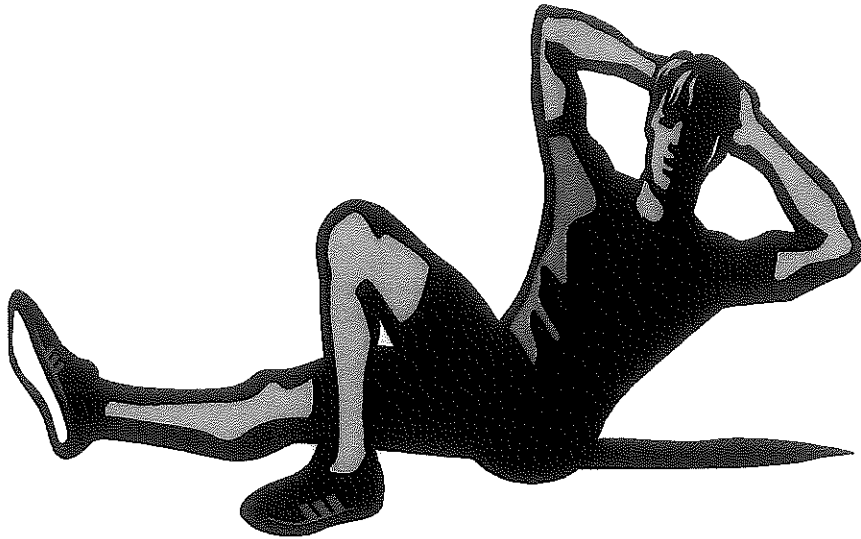


# Friday Family Fitness Fun (and over the weekend, too)



Dear West End Students and Families,

Our suggestion for a family activity this weekend is to do jumping jacks, push-ups, or sit-ups during the commercials of your favorite television show. Challenge your family members to see who can do the most! Students are once again invited to take a photograph, draw a picture, or write a few sentences about what they did with their families and bring them to school on Monday. These will be posted in the main hallway.