

Hello EES Family,

It is the last week of school this week and what a crazy year it has been! I think we have all learned a lot about our resilience and our ability to come together as a community, especially when facing adversity. Speaking of coming together, it was so amazing to see so many of you at our peaceful rally this past week. I am so proud to be a part of this amazing community of caring and supportive families. I also want to send a special “thank you” to the Koch family for all of their hard work to get the ball rolling to get us all together to protest injustices happening in our country. It was an incredible evening of community and solidarity.

As far as the last week of school goes, you all know that means Field Day! Unfortunately this years field day will look a little different than many years in the past. However, the weather this week looks beautiful and HOT! It will be a perfect week to break out some water balloons or a slip and slide, and cool off. I have found some really great field day ideas and attached them for you this week. These ideas also have some easy modifications for other ways to do the activities at home as well. You can find the full list here: <https://www.ptotoday.com/pto-today-articles/article/8129-11-favorite-field-day-games> . If you decide to try any of these activities please share what you like with me! I am always taking notes about how to make things better in the future.

I hope you all have an amazing, fun, and safe summer! We all deserve a little time to relax and take some time away from our technology. Hopefully soon we will all be able to spend more time with our friends and loved ones.

I hope to see you all at the end of the year parade on Tuesday!

Be Well

-Mr. Marche



Balloon Pop Relay Race

You'll need several inflated balloons and a chair. The object is for the children to take a balloon, run to place it on a chair, and sit on the balloon until it pops. (K-5)

At home: A scaled-down version of this is completely doable as is; it's just a matter of whether you have, or feel like ordering, balloons. You could also use bubble wrap or air packs that many companies use to ship products and make the object of the game whoever can pop all their bubbles first.



Pool Noodle "Baseball"

Use cones or other markers to set up a goal. Cut pool noodles in half and have kids swing their noodle "bats" at a beach ball or other large, light ball with the object of getting the ball through the goal. (grades K-2)

At home: If you don't have pool noodles, you can substitute a large plastic bottle for the "bat." If you don't have the yard space, use jump rope or sidewalk chalk to mark the goal line and have kids get the ball past the line. Indoors you could have try to get the ball into an empty laundry basket.



Makin' Bubbles

Set up about 10 bubble plates or buckets and pour bubble solution into them. Place different wands into the buckets (or bubble guns if desired) for kids to make and pop bubbles. For this activity, be sure to caution the students about safety and not getting the solution in their eyes. (grades K-2)

At home: No bubble solution on hand? Try this [three-ingredient recipe for homemade bubbles](#) from the artful parent.



Sack Race

Use feed sacks or pillow cases. Participants put both legs in their sack and jump to the finish line. (grades 3-5)

At home: This is adaptable as is, indoors or outdoors. If you'd rather not use your pillowcases, use scarves, stockings, or old rags to tie legs together.



Hula-Hoop Ring Toss

Set up 15 to 20 cones, a mix of small, medium, and large, on a field or pavement. Have kids try to toss Hula-Hoops over the cones. (grades 3-5)

At home: Have kids try to get the Hula-Hoop over an empty box. If you don't have cones or empty cardboard boxes, stuffed animals can work.



Tug of War

It doesn't get more old-school than this. Round up teams of students (and if you like, an adult or two on each team) and have them pull the opposite ends of the rope to see which team is the strongest. (grades K-5)

At home: If you happen to have an appropriate rope in your garage, have a parent vs. parent or parent vs. kids tug of war, or split up a family into one- to two-person teams.



Golf Ball Bowling

Set up bowling pins and give participants three chances to knock down the pins with a golf ball. (grades 3-5)

At home: You might not have plastic bowling pins around, but you probably have at least a few plastic bottles in your recycling. Set them up (size and shape don't really matter) and use any kind of ball. Tip: choose a hallway or other narrow area in your house so that "gutter balls" bounce back into the "bowling lane" rather than rolling under the couch or another hard-to-grab place.



Car Wash Relay

Fill a bucket with water and place a sponge in it. The object of the game is for the child to run with the sponge to a cup and squeeze as much water into it as he can. (grades 3-5)

At home: Talk about a win—to your kids, it's a game. To you, it's a clean car.



Water Balloon Toss

The key to a successful water balloon toss is making sure you have enough prefilled balloons. For the toss, partners stand about a foot apart and toss the balloon back and forth. After each successful toss, one partner takes a step back. Let the pairs continue to toss until their balloon bursts. (grades 3-5)

At home: If you have or plan to order balloons for the balloon pop relay race, save a few for a water balloon toss on a warm day. If you do order them, look for those with a part that connects to a faucet, so a bunch of balloons are filled at the same time.



Ping-Pong Shake

For this activity, you'll need to ask for donations of large empty tissue boxes ahead of time. Cut the back side of the boxes to make two slits approximately 4 to 5 inches apart. Slide belts through the slits in each box, fill the boxes with table tennis balls, strap the belts around students' waists, and challenge them to shake the balls out of the box. (grades 3-5)

At home: Use pantyhose for the "belts" and reinforce the boxes with tape around the cuts you make. Tip: Be mindful of where you do this activity indoors; it's another one where balls can roll in and under many places.