

Project ACES Day comes to CLS in Rhinebeck

Students, teachers and staff at Chancellor Livingston Elementary School (CLS) in Rhinebeck took part in Project ACES Day on Monday, May 8, for the ninth consecutive year.

Project ACES Day, also known as, "All Children Exercise Simultaneously," is a program that was created by New Jersey physical educator, Len Saunders, to motivate children to exercise. Project ACES takes place each year on the first Wednesday in May as part of National Physical Fitness and Sports Month along with National Physical Education Week. The event was moved to May 8 this year at CLS due to inclement weather on May 3.

It has been labeled as "the world's largest exercise class" by the media. Since 1989, millions of children from all over the world exercise together to promote proper health and fitness habits. With the obesity epidemic facing the youth of the world, children's fitness plays a major role in fighting heart disease. Project ACES hopes to address these issues with its big event in May to get children moving and raise awareness for physical activity.

Schools that want to join this event can find more information by visiting the Project ACES website, <https://lensaunders.com/aces/>.

At Chancellor Livingston, the Physical Education Department personnel joined the Project ACES worldwide event in 2015. They even held a virtual school Project ACES during the 2020 remote school year.

Every year, the entire CLS school community meets outside for a school-wide exercise party to celebrate Project ACES. They take part in a combination of Tabata training fitness and dancing led by CLS physical educators, Kevin Yarnell and Erik Thomas, from the school roof. In addition, the CLS Physical

Education Council student leaders serve as the peer-fitness coaches in the front of the school leading the various exercises and dance moves.

Yarnell said Project ACES Day fits perfectly into the CLS physical education curriculum as it provides our students the opportunity to participate in lifetime physical activity and dance during their school day.

Brett King, CLS Principal, said "We love that the CLS PE Dept has organized school-wide participation every year since 2015. It's a wonderful opportunity for our entire school community to get outside and participate in physical activity together. It even provides a chance for our Superintendent and RCSD Board members to join in the fun. It's such a great event!"

Yarnell and Thomas said, "To us, the goal of physical education is to develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Project ACES Day is another event that we do each year that fits our CLS Physical Education Department's new era philosophy."

And the students definitely understand and enjoy taking part. Here are three of their comments.

- "Project ACES is so much fun! I love being outside and exercising to the fun music. It is cool to be moving as a whole school."
- "As a PE Council member, I like being able to lead the school in fitness movements. It makes me feel important to have all of the younger students look up to me as a leader."
- "Mr. Yarnell and Mr. Thomas were on the roof of the school. And they were jumping, running, and being active. It was like they were flying in the sky – how cool is that!"



From top: Students at Chancellor Livingston Elementary School in Rhinebeck take part in a "Monkey Arms" dance during Project ACES Day on Monday, May 8. Students Brynn Fontaine and Charlotte Yamashita perform dance moves. Physical education instructors Kevin Yarnell and Erik Thomas lead the exercises from the roof of the school. *Courtesy photos*



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THREE AWARDED RUGE'S AUTOMOTIVE 2023 SCHOLARSHIPS

Ruge's Automotive recently announced the winners of the 2023 Ruge Family Scholarship Fund. The scholarship recipients were chosen following an application process with criteria stipulating that students must have plans to pursue further education or training in automotive studies or engineering, and in addition, demonstrate an ongoing commitment to community service.

Said Kristin Ruge Hutchins, owner of Ruge's Automotive, "We are so thrilled to provide these students with well-earned recognition as they pursue the next chapter of their lives. They all exemplify the work ethic and commitment to community that sets a great example. On behalf of our entire team at Ruge's, I want to publicly applaud them, and to wish all of our local graduates the very best as they celebrate commencement."

The 2023 Ruge Family Scholarship award recipients are as follows:



Alexis Kalafala, Rhinebeck High School, who plans to pursue automotive technology at Columbia Greene Community College.



Blake Bulson, Red Hook High School, who plans to pursue a program in High Performance Motorsports at University of Northwestern Ohio.

Kyran McCrudden, Red Hook High School, who intends to study mechanical engineering at University of Vermont.



Ruge's Automotive has supported many initiatives over the years, including Northern Dutchess Hospital Foundation, American Legion Post 429, Rhinebeck Rotary, Taconic Little League, among many others.

For further information about Ruge's Automotive, visit rugesauto.com.

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