

## **Early Childcare & Head Start Programs**

**Cros-Lex Head Start** 34 students First-time participant  
Sanilac County 12 friends

*Describe briefly what your school did to celebrate ACES Day?*

Danced and exercised to fast paced music.

*Additional comments:*

---

**Early Childhood Center** 375 students Previous participant  
Macomb County 50 friends

*Describe briefly what your school did to celebrate ACES Day?*

In the gym we did 2 dances (Chicken Dane and Hokey Pokey) then went for a walk outside – about ½ mile.

*Additional comments:*

I liked giving bookmarkers rather than the stickers (from previous years).  
Something they can keep.

**Godfrey Lee Childhood Center** 350 students Previous participant  
Kent County 20 friends

*Describe briefly what your school did to celebrate ACES Day?*

Everyone went to the football field and walked the track as a parade with balloons.

*Additional comments:*

---

**Luce Road ECLC** 400 students First-time participant  
Gratiot County 30 friends

*Describe briefly what your school did to celebrate ACES Day?*

We all went out onto the circle drive and had 5 minutes of calisthenics followed by the Chicken Dance, then the wave.

*Additional comments:*

---

**OLHSA Head Start** 630 students Previous participant  
Oakland County 45 friends

*Describe briefly what your school did to celebrate ACES Day?*

Danced.

*Additional comments:*

---

**United Children and Family Head Start** 241 students Previous participant  
Wayne County 24 friends

*Describe briefly what your school did to celebrate ACES Day?*

Ran in place, jumping jacks, knee bends, dance, relay race, obstacle course and used and exercise video.

*Additional comments:*

---

**Warm World** 35 students Previous participant  
St. Clair County 6 friends

*Describe briefly what your school did to celebrate ACES Day?*

We walked around the gym to music, danced the “freeze”, moved with bean bags.

*Additional comments:*

It's great! Thank you.

**P – 12 Grades (Elementary, Elementary/Middle, Elementary/Middle/High Schools (combined))**

**Academy of Waterford** 170 students First-time participant  
Oakland County 10 friends

*Describe briefly what your school did to celebrate ACES Day?*

We incorporated a fun run or walk/ 4 laps around the school and we set-up different recreational booths at the school.

*Additional comments:*

More advertising, announce in news sooner, involve communities.

**Alta Vista Elementary School** 350 students Previous participant  
Kent County 50 friends

*Describe briefly what your school did to celebrate ACES Day?*

We did some warm-up exercises together and then walked ½ mile together

*Additional comments:*

---

**Alpine Elementary School** 400 students Previous participant  
Kent County 30 friends

*Describe briefly what your school did to celebrate ACES Day?*

All school walk

*Additional comments:*

Great bookmark! That was a super idea to send home with the students!

**Arnold Elementary School** 340 students Previous participant  
Jackson County 25 friends

*Describe briefly what your school did to celebrate ACES Day?*

Warm-up to interactive songs and walked mileage club.

*Additional comments:*

---

**Arrowwood Elementary School** 500 students Previous participant  
Saginaw County 40 friends

*Describe briefly what your school did to celebrate ACES Day?*

We go out into the neighborhood for a one-mile walk and then come back and share with a friend what we saw and experienced. Everyone gets a juice box.

Some classes write a paragraph.

*Additional Comments:*

---

**Ashley Elementary School** 525 students Previous participant  
Macomb County All teachers & staff

*Describe briefly what your school did to celebrate ACES Day?*

We walked a mile as classrooms at the track.

*Additional comments:*

We enjoyed the newsletter, etc. this year!

**Averill Elementary School** ~260 students Previous participant  
Ingham County 20 friends

*Describe briefly what your school did to celebrate ACES Day?*

Warm-up and stretch to music outside, then walk/jog around ¼ mile course so students received credit for mileage club.

*Additional comments:*

---

**Barrows Elementary School**                      220 students                      Previous participant  
St. Joseph County                      15 friends

*Describe briefly what your school did to celebrate ACES Day?*

Walked to high school track – completed 1 mile walk.

*Additional comments:*

---

**Belmont Elementary School**                      356 students                      Previous participant  
Kent County                      10 friends

*Describe briefly what your school did to celebrate ACES Day?*

At 10:00 a.m., all classes were invited to walk or jog our mileage course (1/5 mile per lap).

*Additional comments:*

---

**Besser Elementary School**                      420 students                      Previous participant  
Alpena County                      30 friends

*Describe briefly what your school did to celebrate ACES Day?*

Students and staff walked through the nature trail and the perimeter of the school.

*Additional comments:*

---

**Briarwood Elementary School**                      400 students                      Previous participant  
Macomb County                      50 friends

*Describe briefly what your school did to celebrate ACES Day?*

Jazzercise, jump rope, hula hoops, jogging/walking on track.

*Additional comments:*

---

**Brookside Elementary School**                      210 students                      Previous participant  
Kent County                      20 friends

*Describe briefly what your school did to celebrate ACES Day?*

The entire staff and students walked, jogged and ran around outside perimeter of a ball diamond.

*Additional comments:*

---

**Brunner Elementary School**                      575 students                      Previous participant  
Livingston County                      30 friends

*Describe briefly what your school did to celebrate ACES Day?*

K-2 walked around school building (1/4 mile). 3-5 walked around or jogged around soccer field (1/5 of a mile).

*Additional comments:*

It is great! I loved your publication. I thought the bookmark was more useful than stickers.

**Catherine Ferguson Academy**                      250 students                      First-time participant  
Wayne County                      20 friends

*Describe briefly what your school did to celebrate ACES Day?*

Biking, runners, walkers, Tai-Chi, “bye-bye buggies” (theme for nursery), and Tae Bo.

*Additional comments:*

It was an all school event with 250 students and 20 teachers, including our nurseries. One of the highlights of the day was the biking group of 25 students and 3 teachers. They went around 5 miles, their first time out. Thank you for the vision and we look forward to next year!

**Cedar Lake Elementary School**                      375 students                      Previous participant  
Iosco County    30 friends

*Describe briefly what your school did to celebrate ACES Day?*

Everyone gathered in the gym and with the help of the local radio station providing music, exercised together.

*Additional comments:*

---

**Cedar View Elementary School**                      510 students                      Previous participant  
Kent County    30 friends

*Describe briefly what your school did to celebrate ACES Day?*

I led the staff and students on a 1 mile walk on a portion of our school campus.

*Additional comments:*

---

**Central Elementary School**                              330 students                      First-time participant  
Alger County    25 friends

*Describe briefly what your school did to celebrate ACES Day?*

All students brought a towel to school. We all walked (K-5) up to our high school football field/track. I talked to everyone about health/fitness and then I led everyone in exercises. Then we took 2 laps (walking or running) around our school track. The whole activity went very well and very good comments were given to me.

*Additional comments:*

---

**Central Elementary School**                              410 students                      Previous participant  
**Wardcliff Elementary School**                      225 students  
Ingham County    35 friends

*Describe briefly what your school did to celebrate ACES Day?*

Twenty student-athletes from Okemos High School helped with the opening assembly ~ spoke about physical activity and how important it is in their lives and what activities they participate in. Each class had OHS mentors walk with them on our all school walk. They were signing autographs on the bookmarks. It was great to see the elementary students interacting with the high school students. The high school kids did a great job providing a great example – good role models.

*Additional comments:*

I love the bookmark idea!

**Churchill Elementary School**                      438 students                      Previous participant  
Muskegon County                                      20 friends

*Describe briefly what your school did to celebrate ACES Day?*

Walk around the school – jump rope – and exercise in the gym.

*Additional comments:*

---

**Collins Elementary School** 440 students Previous participant  
Kent County 30 friends

*Describe briefly what your school did to celebrate ACES Day?*

All students simultaneously exercised to a video put together by Tim Maczinski and 4<sup>th</sup> grade students. They first had a skit talking about good healthy, exercise and choices then led in exercises for 15 minutes.

*Additional comments:*

---

**Crosscreek Christian School** 23 students First-time participant  
Calhoun County 5 friends

*Describe briefly what your school did to celebrate ACES Day?*

We did some warm-up exercises (jumping jacks, stretches, etc.) followed by a relay race, three legged race and then a jog around the playground.

*Additional comments:*

---

**Daisy Brook Elementary School** 387 students Previous participant  
Newaygo County 56 friends

*Describe briefly what your school did to celebrate ACES Day?*

Played a fitness game called “roll-a-dice for fitness” that moves participants through a random selection of exercises that together with locomotor skills \*used to move between stations) provide a total body conditioning workout. ACES was staged on the paved play area where two adjacent/side-by-side oval tracks are painted. Around three sides of each track are numbered spots with accompanying exercise card (with picture and description). A local business man donated his time and equipment to provide great music to move to. It was great fun to see everyone moving. All the teaching and support staff joined in. In addition, about 28 parents attended. Photo’s available on request.

*Additional comments:*

The fact cards for reasons why physical activity is good for all people (young and old alike) are good additions. The CDC has a brochure called “99 Tips” that offers a great selection of ideas for things families can do to be active together. Find a copy of the brochure and give thought to using it (provide it to schools) or adapt it...create something similar for distribution.

**Daycroft Montessori School** 225 students First-time participant  
Washtenaw County 20 friends

*Describe briefly what your school did to celebrate ACES Day?*

Stretches inside then proceeded outside. Ran 4 laps around the soccer field and 2 laps around school, came in and danced to the YMCA song.

*Additional comments:*

---

**Deerfield Elementary School** 384 students First-time participant  
Oakland County 21 friends

*Describe briefly what your school did to celebrate ACES Day?*

Five minutes of stretching, 5 minutes of calisthenics, and a brisk walk around the exterior of our building, 3 times (approximately ½ mile total ☺).

*Additional comments:*

We really enjoyed being a part of ACES. We liked it so much we are going to discuss doing a similar activity every week!

**Delton Kellogg Elementary School**            550 students            Previous participant  
Barry County    55 friends

*Describe briefly what your school did to celebrate ACES Day?*

We all went to the track and had one hour to either walk and talk with a friend or jog the inside two lanes. KG stayed closer to the elementary and had their own course to walk, our runners club course. It was very non-competitive and enjoyable for all. We had upbeat music playing and so on.

*Additional comments:*

---

**Detroit Edison Public School Academy**    900 students            First-time participants  
Wayne County    100 friends

*Describe briefly what your school did to celebrate ACES Day?*

DEPSA combined ACES and Jump Rope for Heart and made it a school-wide activity. Students made donations to AHA and we submitted on behalf of DEPSA. The entire school jumped rope for approximately 90 minutes.

*Additional comments:*

---

**Dickinson East Elementary School**            750 students            Previous participant  
Wayne County    50 friends

*Describe briefly what your school did to celebrate ACES Day?*

We did jumping jacks, toe touches, arm circles, running in place, jumping and a walk around the neighborhood.

*Additional comments:*

Bring back the stickers, elementary students love them! Thanks for the P.R., it was great having the TV crew from 56 P.B.S. here for the event. The kids just loved it!

**Dickinson-Iron Intermediate ISD**            244 students            Previous participant  
Dickinson-Iron Counties                            25 friends

*Describe briefly what your school did to celebrate ACES Day?*

A variety of things: parachute, playground: dancing, playing in the gym.

*Additional comments:*

---

**Eagle Lake School**                                    1,400 students            Previous participant  
**Edwardsburg Primary School**                    75 friends

**Edwardsburg Intermediate School**

**Edwardsburg Middle School**

Cass County

*Describe briefly what your school did to celebrate ACES Day?*

Kindergarten through 7<sup>th</sup> grade students and staff walked/jogged on the tract for 10 minutes to music which was played over the sound system. I also had 10

varsity athletes come out and exercise with the younger students. They dressed in uniform. The younger children loved this.

Next we stretched and did strength exercises to the CD calls the Learning Station Physical ED Movement and Locomotor Activities.

We screamed and yelled a few times to get everyone fired up. Next we moved our bodies to 5 different songs: Side Slide.

**East Jackson Memorial Elementary School**      350 students      Previous participant  
Jackson County      51 friends

*Describe briefly what your school did to celebrate ACES Day?*

We had our local Foote Hospital volunteers come and do exercises (dance movement) with us.

*Additional comments:*

---

**Eastland Elementary School**      250 students      Previous participant  
Macomb County      20 friends

*Describe briefly what your school did to celebrate ACES Day?*

We walked around our blacktop to very lively music. We did the Chicken Dance, YMCA and the Hokey Pokey. In between each one of these dances we did jumping jacks, toe touches, arm swings, jogging in place, etc. We ended with more lively music as we walked and returned to our classrooms. It was a GREAT time. WE started in September and exercised/walked every other week so ACES in May was a WONDERFUL way to end our efforts and hope they KEEP exercising!

*Additional comments:*

KEEP ACES GOING!

**Fairview Elementary School**      200 students      Previous participant  
Kent County      20 friends

*Describe briefly what your school did to celebrate ACES Day?*

All school walk.

*Additional comments:*

Loved the bookmark, and hope something similar can be used next year.

**Forest Park Elementary School**      375 students      Previous participant  
Macomb County      0 friends

*Describe briefly what your school did to celebrate ACES Day?*

Our high school quarterback and all-state wrestler led our entire school in warm-up exercises. Following warm-ups, we were led by the two athletes around the entire school block in a walk.

*Additional comments:*

Incorporate ACES in entire school district.

**Genesis Elementary & Middle School**      400 students      First-time participant  
Wayne County

*Describe briefly what your school did to celebrate ACES Day?*

The school went on a 1 mile walk in two different routes around our neighborhood.

*Additional comments:*

We need about 50/100 more info sheets and bookmarks to give out next year. We received approximately 350.

**Good Shepherd Lutheran School** 60 students First-time participant  
Oakland County 4 friends

*Describe briefly what your school did to celebrate ACES Day?*

Parachute activities, danced to guided music.

*Additional comments:*

It would be nice if each student could have a participation certificate.

**Grandview Elementary School** 430 students Previous participant  
Wayne County 50 friends

*Describe briefly what your school did to celebrate ACES Day?*

Walked/ran a ½ mile.

*Additional Comments:*

---

**Grant Primary Center** 375 students Previous participant  
Newaygo County 30 friends

*Describe briefly what your school did to celebrate ACES Day?*

We ran/walked laps around a course. Each class kept track of how many laps they did.

*Additional comments:*

---

**Green Elementary School** 600 students Previous participant  
Oakland County 10 friends

*Describe briefly what your school did to celebrate ACES Day?*

We walked 3 times around the school building (about 15-20 minutes) during lunch recess.

*Additional comments:*

I like the newsletter that went home to the parents. The bookmarks were nice, but think the kids like the stickers last year.

**Greene Elementary School** 575 students Previous participant  
Huron County 60 friends

*Describe briefly what your school did to celebrate ACES Day?*

Students started with ACES shuffle, walked/jogged 1 mile, danced to some popular tunes (ex; Hokey Pokey, Chicken Dance, etc.)

*Additional comments:*

Bookmarks were not a big hit!

**Greenwood Elementary School** 275 students Previous participant  
Eaton County 25 friends

*Describe briefly what your school did to celebrate ACES Day?*

Walked around school building 22 minutes.

*Additional comments:*

---

**Gunnisonville Elementary School** 250 students Previous participant  
Ingham County 30 friends

*Describe briefly what your school did to celebrate ACES Day?*

All exercising on playground, hallways, gym, classroom, offices, cafeteria.

*Additional comments:*

We love it!

**Hamilton Elementary School**                      450 students                      First-time participant  
Oakland County                                      20-25 friends

*Describe briefly what your school did to celebrate ACES Day?*

At 10:00, we all went outside. Our 4<sup>th</sup> and 5<sup>th</sup> graders walked on the track. PreK-3<sup>rd</sup> walked around our school for 15 minutes.

*Additional comments:*

---

**Hamilton Elementary School**                      300 students                      Previous participant  
Wayne County                                      20 friends

*Describe briefly what your school did to celebrate ACES Day?*

Grand march around the school building

*Additional comments:*

---

**Hedke Elementary School**                      370 students                      Previous participant  
Wayne County                                      30 friends

*Describe briefly what your school did to celebrate ACES Day?*

Met outside, areas marked off by grades. Jogged-walked, moving arms – exercises – jogging – dance – stretch, all to different music.

*Additional comments:*

We were joined by the Mayor, Athletic Director and varsity athletes.

**Henry Ford Elementary School**                      775 students                      Previous participant  
Wayne County                                      30 friends

*Describe briefly what your school did to celebrate ACES Day?*

We walked around the track outside and stopped 5 different times to do different exercises (music too).

*Additional comments:*

Information sent to me and the website were great!

**Herbison Elementary School**                      500 students                      Previous participant  
Clinton County                                      --- friends

*Describe briefly what your school did to celebrate ACES Day?*

Our school participated in the ACES. We had the whole school walk a mile at the track. Everybody had fun, the weather cooperated, it was a success!

*Additional comments:*

---

**Herrick Park Elementary School**                      240 students                      Previous participant  
Lenawee County                                      15 friends

*Describe briefly what your school did to celebrate ACES Day?*

Walked/jogged and danced. Parking lot transformed to track (up and downhill)/dance area – played upbeat music favorites.

*Additional comments:*

Not long enough – need to do every month (kids and teachers say).

**Herrington Elementary School**                      400 students                      Previous participant  
Oakland County                                      25 friends

*Describe briefly what your school did to celebrate ACES Day?*

K-1 exercise video in gym. 2-5 activity stations outside.

*Additional comments:*

Please send reminders out earlier.

**Hillsdale Academy** 75 students Previous participant

Hillsdale County 0 friends

*Describe briefly what your school did to celebrate ACES Day?*

Obstacle course run around school campus.

*Additional comments:*

None

**Holy Cross Catholic School** 165 students First-time participant

St. Clair County 20 friends

*Describe briefly what your school did to celebrate ACES Day?*

We all walked several blocks around the area. The students loved it and would like to do it at least once a week!

*Additional comments:*

---

**Horizon Elementary School** 375 students Previous participant

Ingham County 30 friends

*Describe briefly what your school did to celebrate ACES Day?*

We had our one mile walk.

*Additional comments:*

---

**Hull Elementary School** 330 students Previous participant

20 friends

**Webster Elementary School** 300 students

30 friends

Wayne County

*Describe briefly what your school did to celebrate ACES Day?*

Each school took a walk for 15 minutes. Hull walked around the parking lot.

Webster walked around the gravel walking track behind the school.

*Additional comments:*

I think it is a great program. Thanks so much.

**Huron Learning Center** 170 students Previous participant

Huron County 30 friends

*Describe briefly what your school did to celebrate ACES Day?*

Walked/ran around our soccer field, stopping at exercise stations.

*Additional comments:*

---

**Immanuel Lutheran School** 60 students First-time participant

Berrien County 5 friends

*Describe briefly what your school did to celebrate ACES Day?*

---

*Additional comments:*

---

**Jefferson Elementary School** 260 students Previous participant

Branch County 20 friends

*Describe briefly what your school did to celebrate ACES Day?*

I had two groups who wanted to play a game of kickball. Kindergarten groups did parachute activities. I did the omnikin ball activities with the third graders, first graders did skit it jump rope and hula-hoops, second graders played Steal the Flag game, fifth graders played a game called Jump the River and fourth graders wanted to do kickball on the big diamond and then everyone went once around the track. We stayed out for 30 minutes depending how long each teacher wanted to take from their classroom time. My students always look forward to ACES Day. Thanks for organizing everything and the fliers.

*Additional comments:*

Are we to publicize this at the end of the event or do you do state-wide letter to all the local newsletters. One year I prepared an article and it was already put in by someone else. Thanks.

<b>Jewett Elementary School</b>	299 students	Previous participant
Wexford County	37 friends	

*Describe briefly what your school did to celebrate ACES Day?*

Met as a school on the track. Did warm-ups then walked to music on the track for 30 minutes. P.T.O. handed out water bottles.

*Additional comments:*

---

<b>Joyce Elementary School</b>	473 students	Previous participant
Wayne County	--- friends	

*Describe briefly what your school did to celebrate ACES Day?*

Students lined-up on playground by classes and exercised for about 15 minutes.

*Additional comments:*

---

<b>Kenbrook Elementary School</b>	472 students	Previous participant
Oakland County	50 friends	

*Describe briefly what your school did to celebrate ACES Day?*

We took a mile walk through the neighborhood surrounding our school. The police came and helped block off roads, etc.

*Additional comments:*

The program is fine.

<b>Kennedy Elementary School</b>	350 students	Previous participant
Wayne County	15 friends	

*Describe briefly what your school did to celebrate ACES Day?*

We walked/jogged around our school track.

*Additional comments:*

---

<b>Lawrence Elementary School</b>	405 students	Previous participant
Van Buren County	30 friends	

*Describe briefly what your school did to celebrate ACES Day?*

The theme was "school spirit". We dressed in school colors/apparel. The marching band played while we walked/ran our track.

*Additional comments:*

---

**LeBaron Elementary School** 400 students Previous participant  
Oakland County 20 friends

*Describe briefly what your school did to celebrate ACES Day?*

After the morning announcements, each class went out and found their designated area on the sidewalk. On the signal, everyone performed 10 exercises with the teacher leading the exercises. When everyone was done with the exercises, each class walked one time around the building and school grounds.

*Additional comments:*

---

**Leonhard Elementary School** 150 students First-time participant  
Oakland County staff-10 friends

*Describe briefly what your school did to celebrate ACES Day?*

We had an all school assembly in the gym at 8:45 a.m. I talked about ACES and the importance of exercising every day.

*Additional comments:*

---

**Lincoln Elementary School** 800 students Previous participant  
**Patchin Elementary School** 40 friends  
Wayne County

*Describe briefly what your school did to celebrate ACES Day?*

Walked around track and playground.

*Additional comments:*

---

**Lincoln Elementary School** 105 students First-time participant  
Chippewa County 0 friends

*Describe briefly what your school did to celebrate ACES Day?*

Students walked a course that was set-up out on the school grounds for 25 minutes.

*Additional comments:*

More advanced notice/got info on event that day in my mail box at work.

**Lincoln Elementary School** 169 students Previous participant  
Schoolcraft County 0 friends

*Describe briefly what your school did to celebrate ACES Day?*

We had stations set-up in large circles outdoors. The students, led by high school students, participated in jogging, walking, marching, etc. at different intervals.

*Additional comments:*

Good!

**Livingston Christian School** 200 students Previous participant  
Livingston County 30 friends

*Describe briefly what your school did to celebrate ACES Day?*

We had a D.J. come and set-up his sound system on the parking lot – did the Mexican Hat Dance, cha-cha slide, YMCA and the locomotion as a train (each class). Went very well.

**Macomb Christian School** ~116 students Previous participant  
Macomb County 0 friends

*Describe briefly what your school did to celebrate ACES Day?*

Run, walk, jog.  
*Additional comments:*  
More stickers!

**Madison Elementary School** ~700 students Previous participant  
Lenawee County ~ 55 friends

*Describe briefly what your school did to celebrate ACES Day?*

Most of our students walked/jogged around the high school track. Although, each classroom teacher could choose other activities. Some chose running bases at the ball field, jump roping, yoga, aerobics and our music classes did the Mexican hat dance.

*Additional comments:*

---

**Marne Elementary School** 140 students Previous participant  
Ottawa County 5 friends

*Describe briefly what your school did to celebrate ACES Day?*

All school activity at 1:45 on playground.

*Additional comments:*

---

**Marion Law Academy** 520 students First-time participant  
Wayne County 28 friends

*Describe briefly what your school did to celebrate ACES Day?*

We did the conventional exercises and combine them with aerobic dance.

*Additional comments:*

---

**Mason/Lake ISD** 60 students Previous participant  
Mason County 20 friends

*Describe briefly what your school did to celebrate ACES Day?*

Range of motion/flexibility exercises. Walked around our school (ISD). One group walked to the lighthouse (Ludington).

*Additional comments:*

Our students love to get the stickers.

**Maybury Elementary School** 600 students Previous participant  
Wayne County 100 friends

*Describe briefly what your school did to celebrate ACES Day?*

We are fortunate to have a park across from our school which measures 1.1 miles around. The entire school walked the park.

*Additional comments:*

Three large posters instead of one and literature in Spanish as well as English.

**McBain Rural Agricultural School** 450 students Previous participant  
Missaukee County 200 friends

*Describe briefly what your school did to celebrate ACES Day?*

We walked/jogged up at our track for 30 minutes.

*Additional comments:*

---

**McKinley Elementary School** 175 students Previous participant  
Lenawee County 30 friends

*Describe briefly what your school did to celebrate ACES Day?*

Met on the playground for calisthenics. Walked around the block.

*Additional comments:*

---

**McKinley Elementary School** 405 students Previous participant  
Wayne County 0 friends

*Describe briefly what your school did to celebrate ACES Day?*

Walked around the building.

*Additional comments:*

Great as is!

**Merrill Elementary School** 350 students Previous participant  
Genesee County 25 friends

*Describe briefly what your school did to celebrate ACES Day?*

Taebo tapes played over in-house system for some classrooms, Taebo tapes in the gym. Relay races, etc.

*Additional comments:*

I've done this for several years, it continues to improve every year.

**Merriman Elementary School** 349 students Previous participant  
Wayne County 18 friends

*Describe briefly what your school did to celebrate ACES Day?*

Went to blacktop, did jumping jacks, windmills, YMCA and power walked 3 laps f the school walking track.

*Additional comments:*

More tv coverage.

**Michigamme Elementary School** 575 students First-time participant  
St. Clair County 30 friends

*Describe briefly what your school did to celebrate ACES Day?*

We gathered out in front of the building for introductions. Local high school athletes led warm-ups. Groups "power walked" in their area.

*Additional comments:*

---

**Milton C. Porter Education Center** 35 students First-time participant  
Lenawee County 20 friends

*Describe briefly what your school did to celebrate ACES Day?*

Our school (a school for children with cognitive and physical impairments) participated in ACES for the first time. Student participants ranged from age 4 to 25. We met in the gym. I gave a brief description of ACES Day and the activities. We danced/exercised to 5 songs, including the YMCA and Who Let the Dogs Out. We also did a train dance to the Loco-motion. The students went outside and walked on a paved trail for about 15 minutes for a total of 45 minutes of exercise. We had great fun!

*Additional comments:*

---

**Mio AuSable Elementary School** 388 students Previous participant  
Oscoda County 45 friends

*Describe briefly what your school did to celebrate ACES Day?*

Walked and danced on high school track.

*Additional comments:*

---

**Moccasin Elementary School** 750 students Previous participant

**Ottawa Elementary School** --- friends

**Stark Elementary School**

Berrien County

*Describe briefly what your school did to celebrate ACES Day?*

All three elementary school students and staff walked to the high school track.

We exercised and danced to “Get Funky” “Bones” and “Attitude of Gratitude”.

Used ribbons for every student.

*Additional comments:*

---

**Morse Elementary School** 367 students Previous participant

Oakland County 28 friends

*Describe briefly what your school did to celebrate ACES Day?*

Each class (19) walked out onto our ¼ mile asphalt track. I then led them in a 15 minute power walk aerobic exercise program (attachment).

*Additional comments:*

The program has been great. I keep updating my schools ACES Program with each year’s literature. \*Bookmarks are a better keepsake for students/staff.

**Morrow Elementary School** 314 students First-time participant

St. Clair County 27 friends

*Describe briefly what your school did to celebrate ACES Day?*

We did stretches leading into exercises then finished with the Hokey Pokey.

*Additional comments:*

It was great! Thanks.

**Mt. Calvary Lutheran School** 53 students First-time participant

Wayne County 5 friends

*Describe briefly what your school did to celebrate ACES Day?*

Three minutes warm-up/stretching activities. Fifteen minutes walking around gym.

*Additional comments:*

---

**Mt. Hope Elementary School** 320 students First-time participant

Ingham County --- friends

*Describe briefly what your school did to celebrate ACES Day?*

All students gathered on blacktop and were led in a series of exercises by physical education teacher; then all students ran laps around the playground.

*Additional comments:*

---

**Mt. Hope Lutheran School** 40 students First-time participant

Wayne County 3 friends

*Describe briefly what your school did to celebrate ACES Day?*

Played games in gym for last hour of school.

*Additional comments:*



We walked/ran in the park in front of our school. To my surprise, 194 middle/high school students joined the elementary students to celebrate ACES ☺

*Additional Comments:*

---

**Northeast Elementary School**                      750 students                      Previous participant  
Jackson County                                      50 friends

*Describe briefly what your school did to celebrate ACES Day?*

All students and staff went on the playground and exercised.

*Additional comments:*

---

**Northside Elementary School**                      300 students                      Previous participant  
Washtenaw County                                      24 friends

*Describe briefly what your school did to celebrate ACES Day?*

We had a fifteen minute group walk on our playground!

*Additional comments:*

---

**Oaktree Elementary School**                      450 students                      Previous participant  
Genesee County                                      20 friends

*Describe briefly what your school did to celebrate ACES Day?*

We did dances during morning announcements.

*Additional comments:*

---

**Owosso Christian School**                      23 students                      Previous participant  
Shiawassee County                                      7 friends

*Describe briefly what your school did to celebrate ACES Day?*

We combined it with our weekly chapel service. We had a talk on exercise, keeping our body healthy for God, we sang and did motion to Christian songs and then walked as a group around the neighborhood.

*Additional comments:*

None

**Oxbow Community School**                      410 students                      Previous participant  
Oakland County                                      40 friends

*Describe briefly what your school did to celebrate ACES Day?*

We walked a little more than ½ mile and did aerobic exercises and explained briefly why this was important.

*Additional comments:*

Thanks

**Parkside Elementary School**                      325 students                      Previous participant  
Kent County                                      20 friends

*Describe briefly what your school did to celebrate ACES Day?*

We have a nice big block around the school that everyone walks. It is about 1 – 1 ½ miles long.

*Additional comments:*

---

**Patterson Elementary School**                      250 students                      Previous participant  
Lenawee County                                      20 friends

*Describe briefly what your school did to celebrate ACES Day?*

Walked/jogged our fitness track. Listened to dance provoking music and danced many favorites.

*Additional comments:*

Students and teachers want to do it more often. Could get more parents there, too!

**Pellston Elementary School** 328 students Previous participant  
Emmet County 30 friends & all staff members

*Describe briefly what your school did to celebrate ACES Day?*

One grade level came to the gym and had 4 stations – bump, walk/jog, rock, jump rope. The remaining used scarves, ultimate football/Frisbee, rip off, walking, continuous soccer, etc.

*Additional comments:*

--

**Pine Avenue Elementary School** 380 students First-time participant  
Gratiot County 35 friends

*Describe briefly what your school did to celebrate ACES Day?*

The students did the Macarena, hustle and jogged to the YMCA.

*Additional comments:*

---

**Pine Lake Elementary School** 350 students Previous participant  
Oakland County 75 friends

*Describe briefly what your school did to celebrate ACES Day?*

We had a walk-a-thon, the whole school walked one mile and raised money for charity.

*Additional comments:*

There is so much going on concerts, walk-a-thons, count your steps program, field day, we just included ACES with the walk-a-thon.

**Pine Trails Elementary School** 325 students Previous participant  
Allegan County 15 friends

*Describe briefly what your school did to celebrate ACES Day?*

Warm-up stretches, Hokey Pokey and Chicken Dance.

*Additional comments:*

---

**Plymouth Elementary School** 400 students Previous participant  
Midland County 25 friends

*Describe briefly what your school did to celebrate ACES Day?*

All the classes gathered outside and danced to music. Some of the dances we did were YMCA, Hokey Pokey, Chicken Dance and the Macarena.

*Additional comments:*

When I go to download some of the information, I cannot get it.

**Prudenville Elementary School** 370 students Previous participant  
Roscommon County 25 friends

*Describe briefly what your school did to celebrate ACES Day?*

Power walked perimeter of playground

*Additional comments:*

---

**Rankin Elementary School** 290 students Previous participant  
Genesee County 15 friends

*Describe briefly what your school did to celebrate ACES Day?*

We have for the past 5 years had the whole school walk around a 1 mile block at the same time.

*Additional comments:*

---

**Resurrection Elementary School** 125 students Previous participant  
Ingham County 15 friends

*Describe briefly what your school did to celebrate ACES Day?*

Participated in the ACES at the Capitol.

*Additional comments:*

It was great!

**Ruth Hoppin Elementary School** 325 students Previous participant  
St. Joseph County --- friends

*Describe briefly what your school did to celebrate ACES Day?*

We love doing this! The entire school (students and staff) 300 = people go around the city blocks together. We have nick-named it the Hoppin' Hoof It. We then come back and all receive a healthy snack...pretzels and bottled water. We are into our 6<sup>th</sup> annual Hoof It.

*Additional comments:*

---

**Saginaw Chippewa Academy** 257 students First-time participant  
Isabella County 44 friends

*Describe briefly what your school did to celebrate ACES Day?*

Some children and adults did jumping jacks, some children and adults ran around out on the playground.

*Additional comments:*

Give an estimated time all should exercise for.

**Sanborn Elementary School** 250 students Previous participant  
Alpena County 60 friends

*Describe briefly what your school did to celebrate ACES Day?*

Nature trail hiking/running, basketball, rope jumping, soccer, laps on our cross-country course (1/4 – hilly!), two obstacle courses, hula hoops, football passing, scoops and balls – wall or partner.

*Additional comments:*

KIDS really LOVED the stickers from last year! Not so excited about the bookmarks ☹

**Schoenhals Elementary School** 400 students First-time participant  
Oakland County 25 friends

*Describe briefly what your school did to celebrate ACES Day?*

The entire school took a 20 minute walk around the school complex. The event was great!

*Additional comments:*

---

**Sherwood Elementary School** 445 students Previous participant  
Saginaw County 28 friends

*Describe briefly what your school did to celebrate ACES Day?*

We have a sidewalk around our front playground area and soccer field. Students, faculty and guests all walked at the same time, with some carrying posters with “ACES”. Our school is located in a high traffic area and we had lots of horns honking in response to the children and activity.

*Additional comments:*

---

**Sister Lakes Elementary School** 325 students Previous participant  
Berrien County 25 friends

*Describe briefly what your school did to celebrate ACES Day?*

We walked around the playground 4 times, which equals 1 mile.

*Additional comments:*

It would be nice to have something besides a bookmark to give the kids that would motivate them to get moving. A bookmark is used for reading, something you do when you are NOT active.

**South Range Elementary School** 235 students First-time participant  
Houghton County 15 friends

*Describe briefly what your school did to celebrate ACES Day?*

We had four stations – shoe scramble, line tag, hula hoops and jump ropes, Simon Says – students spent 8 minutes at each station. It worked out great!

*Additional comments:*

---

**Spain School** 850 students First-time participant  
Wayne County ~50 friends

*Describe briefly what your school did to celebrate ACES Day?*

The whole school went out to the football field and we did exercises. Some classes walked around the block afterwards.

*Additional comments:*

It was enjoyed by all.

**Spring Mills Elementary School** 500 students Previous participant  
Oakland County 25 friends

*Describe briefly what your school did to celebrate ACES Day?*

We all met in the gym and had a kick-off rally. We had just finished the Oakland County “count your steps” program and I had the top 5 walkers from each 3<sup>rd</sup> and 4<sup>th</sup> grade class lead the school on our ACES walk. Our PTO provided us with water and apples after we finished our walk. It was a great day and everyone enjoyed the fun and activities. Thanks for a great program!

*Additional comments:*

I would like to have the event held in the fall as well.

**St. Augustine Cathedral School** 300 students Previous participant  
Kalamazoo County 20 friends

*Describe briefly what your school did to celebrate ACES Day?*

On ACES Day, we gathered the entire student body in the gym. The students were grouped, not by grade, but by their school family (a school family is a mixed

group of boys and girls throughout grades K-8. An eighth grader serves as the family leader). A local YMCA representative spoke to the school children about the benefits of exercise. He then led the school in group exercise, using the YMCA song, of course! The ACES Day coordinator presented the certificate of participation to the principal. Students returned to their classrooms where they received the ACES Day bookmarks.

One week later, the PTO sponsored a Tai Chi demonstration for 7<sup>th</sup> and 8<sup>th</sup> grade students, as part of their regularly schedule gym class.

Both events were considered a success.

*Additional comments:*

I really enjoyed the ACES Day packet of information. The certificate of participation lent a degree of authenticity to the event. Would love to learn of funding sources to offset the cost of exercise demonstrations at the school.

**St. John Lutheran School** 60 students Previous participant  
Huron County 6 friends

*Describe briefly what your school did to celebrate ACES Day?*

The students and staff danced to favorites such as the Chicken Dance and the Hokey Pokey.

*Additional comments:*

---

**St. John Lutheran School** 46 students Previous participant  
Presque Isle 4 friends

*Describe briefly what your school did to celebrate ACES Day?*

We walked to the park, did some activities there and walked back to school.

*Additional comments:*

---

**St. John Lutheran School** 175 students Previous participant  
Macomb County 8 friends

*Describe briefly what your school did to celebrate ACES Day?*

Walked outside for 20 minutes.

*Additional comments:*

---

**St. John's Lutheran School** 50 students Previous participant  
Wayne County 6 friends

*Describe briefly what your school did to celebrate ACES Day?*

We set-up 4 stations – jumping jacks, jump rope, crab walk course and push-ups and had students make as many rounds as possible in 15 minutes.

*Additional comments:*

A suggest plan, such as above.

**St. Joseph School** 385 students Previous participant  
Livingston County 30 friends

*Describe briefly what your school did to celebrate ACES Day?*

Exercise to music out on the playground and in the activities center. Power walking around the school grounds.

*Additional comments:*

---

**St. Mary School** 90 students Previous participant  
Charlevoix County 10 friends

*Describe briefly what your school did to celebrate ACES Day?*

Stations which highlighted activities done during school year followed with health/nutrition discussion and healthy snacks were provided.

*Additional comments:*

---

**St. Mary School** 69 students First-time participant  
Eaton County 5 friends

*Describe briefly what your school did to celebrate ACES Day?*

Students walked, jogged, crab-walked, hopped, etc. the perimeter of the playground.

*Additional comments:*

---

**St. Mary's Assumption** 59 students Previous participant  
Branch County 6 friends

*Describe briefly what your school did to celebrate ACES Day?*

Three main stations for students to participate: Walk with basketball, relay races, jump roping.

*Additional comments:*

Awesome job.

**St. Michael School** 148 students Previous participant  
Eaton County 3 friends

*Describe briefly what your school did to celebrate ACES Day?*

Entire school walked, after received bookmarks, nothing extra, they had fun!

*Additional comments:*

---

**St. Patrick School** 126 students Previous participant  
Monroe County 136 friends

*Describe briefly what your school did to celebrate ACES Day?*

Each grade led the school in an exercise. Then our eighth grade led students on a ½ mile walk.

*Additional comments:*

---

**St. Sebastian Catholic School** 226 students First-time participant  
Wayne County 20 friends

*Describe briefly what your school did to celebrate ACES Day?*

Some students played at the playground, some jumped rope and some played kick ball.

*Additional comments:*

---

**St. Therese Catholic School** 60 students Previous participant  
Allegan County 3 friends

*Describe briefly what your school did to celebrate ACES Day?*

Various stations of activities.

*Additional comments:*

---

**Stanton Elementary School** 350 students Previous participant  
Montcalm County 35 friends

*Describe briefly what your school did to celebrate ACES Day?*

This was my first year teaching in Central Montcalm. I inherited a wonderful program under the direction of Kathy Farrell. We used our TV studio for students to exercise with their own class to the video titled The Fitness Express with Arnold Schwarzenegger. Each participant was given a bookmark during their physical education class that week.

*Additional comments:*

Individually, I would like to set this same program up for the other elementary schools in my district. I do not teach there on Wednesdays so I would need someone to coordinate the actual activity, but I am sure the principal would be more than willing to help out.

**Sugnet Elementary School** 85 students First-time participant  
Midland County 20 friends

*Describe briefly what your school did to celebrate ACES Day?*

We did songs that have actions and stretches and toe touches.

*Additional comments:*

---

**Sunfield Elementary School** 185 students Previous participant  
Eaton County 25 friends

*Describe briefly what your school did to celebrate ACES Day?*

We walked 4 blocks off our school campus carrying signs to promote physical activity.

*Additional comments:*

Pre-event promo in our local paper.

**Sunrise Education Center** 69 students Previous participant  
Iosco County 17 friends

*Describe briefly what your school did to celebrate ACES Day?*

We set up circuits (jump rope, basketball shoot, sit-ups, hula hoops, tug-of-war, "dancercise" and scooters). Students rotated around circuits and continually kept them moving. At the end of the circuits, we ran 3 laps around the school building.

*Additional comments:*

We enjoyed our day!

**Three Oaks Elementary School** 220 students Previous participant  
Berrien County 30 friends

*Describe briefly what your school did to celebrate ACES Day?*

Students, parents and staff walked a mile on our Three Oaks Colt Hoofers Mileage Club ¼ mile track. The upper elementary classes also did a loop through downtown. The mile counted toward our mileage club goal which is 775 miles, enough to walk all the way around Lake Michigan.

*Additional comments:*

---

**Townsend Elementary School** 561 students Previous participant  
Jackson County 308 friends

*Describe briefly what your school did to celebrate ACES Day?*

Walked 2 times (1 mile) ½ mile circuit on school grounds.

*Additional comments:*

Additional posters.

**Trinity Lutheran School**

103 students

Previous participant

Van Buren County

14 friends

*Describe briefly what your school did to celebrate ACES Day?*

All students, staff, parent participants walked or ran the school campus for ½ hour.

*Additional comments:*

---

**Trinity Lutheran School**

80 students

Previous participant

Bay County

6 friends

*Describe briefly what your school did to celebrate ACES Day?*

Spent 20 minutes walk/run track

*Additional comments:*

---

**Turner-Howson Elementary School**

218 students

Previous participant

Chippewa County

20 friends

*Describe briefly what your school did to celebrate ACES Day?*

Danced: Macarena, YMCA, Hokey Pokey, Chicken Dance and Shout.

*Additional comments:*

Having ACES later in the year would be helpful to us in the U.P. It's rather cold the first part of May.

**Ubly Elementary School**

300 students

First-time participant

Huron County

10 friends

*Describe briefly what your school did to celebrate ACES Day?*

We just walked around the grass playground with music for 20 minutes – next year looking at a parade activity.

*Additional comments:*

---

**Upton Elementary School**

350 students

First-time participant

Oakland County

--- friends

*Describe briefly what your school did to celebrate ACES Day?*

Through our TV students watched in their rooms TAE Bo along with fun warm-up and cool-down.

*Additional comments:*

---

**Walled Lake Elementary School**

500 students

First-time participant

Oakland County

80 friends

*Describe briefly what your school did to celebrate ACES Day?*

All students went outside. Older students were paired with younger students.

Each student had a towel or piece of newspaper to sit on.

Our music teacher set-up the speaker/stereo system so my wireless microphone would work outside. I stood on the roof to introduce our event (students and parents had already talked about it in class!).

I introduced our 3 special leaders: Calorie – the clown (Mr. Shaw), Terrific Turtle (Mrs. Beck), WLE Tiger (Mr. Malonis). They joined me on the roof. We did a warm-up and stretches to music. Then we all dance the Chicken Dance with our partners.

For a cool-down, everyone sat down in Yoga position and did a Yoga routine to Zen music.

We all had a wonderful time! It was great to see the entire school doing the same thing!

*Additional comments:*

We had a great time!

<b>Walsh Elementary School</b>	480 students	Previous participant
Macomb County	45 friends	

*Describe briefly what your school did to celebrate ACES Day?*

We started with health statistics and facts broadcasted over the tv's in the classrooms, then we did some stretching and warm-up exercises. After this, we all went outside to a course I made with cones to walk or jog around. Everyone had a great time!

*Additional comments:*

---

<b>Watervliet North Elementary School</b>	275 students	First-time participant
Berrien County	7 friends	

*Describe briefly what your school did to celebrate ACES Day?*

We walked the block (1/2 mile) where our school is located.

*Additional comments:*

---

<b>Watervliet South Elementary School</b>	300 students	First-time participant
Berrien County	20 friends	

*Describe briefly what your school did to celebrate ACES Day?*

We have a 1/5 mile walking track on our playground and the participants walked the track twice.

*Additional comments:*

---

<b>Wayne Elementary School</b>	350 students	First-time participant
Wayne County	20 friends	

*Describe briefly what your school did to celebrate ACES Day?*

We went for a walk around the block and then as a group we did the Cha-Cha slide in the gym.

*Additional comments:*

---

<b>Webberville Elementary School</b>	290 students	First-time participant
Ingham County	10 friends	

*Describe briefly what your school did to celebrate ACES Day?*

We all did warm-up exercises together and then split into stations for cooperative games.

*Additional comments:*

---

**Weiss Elementary School** ~280 students Previous participant  
Saginaw County 20 friends

*Describe briefly what your school did to celebrate ACES Day?*

Classrooms were paired with their reading buddies. Students walked with their reading buddies (“ACES with a Friend”).

*Additional comments:*

These were the best newsletters ever! I liked the bookmarks too!

*Describe briefly what your school did to celebrate ACES Day?*

**West Elementary School** 550 students Previous participant  
Ionia County 40 friends

*Describe briefly what your school did to celebrate ACES Day?*

Did a parade type walk around town.

*Additional comments:*

---

**Westdale Elementary School** ~280 students Previous participant  
Saginaw County ~15-20 friends

*Describe briefly what your school did to celebrate ACES Day?*

We went on an all school walk. We walked two times around the school parking lot area.

*Additional comments:*

These were the best newsletters ever. I liked the bookmarks too!

**Westview Elementary School** 420 students Previous participant  
Macomb County 12 friends

*Describe briefly what your school did to celebrate ACES Day?*

A running course was marked out on the school’s playground and each grade level was assigned to run/walk the course a determined number of times depending upon grade level.

*Additional comments:*

This has worked well the past several weeks.

**West Ward Elementary School** 275 students Previous participant  
Allegan County 15 friends

*Describe briefly what your school did to celebrate ACES Day?*

Warm-up stretches, Hokey Pokey and the Chicken Dance.

*Additional comments:*

---

**Whittemore-Prescott Elementary School** 560 students Previous participant  
Iosco County 50 friends

*Describe briefly what your school did to celebrate ACES Day?*

Lower – walked, jogged front parking lot to music. Upper Elementary – walked, jogged high school track to music, did aerobics in the middle.

**William Ford Elementary School** 580 students Previous participant  
Wayne County 40 friends

*Describe briefly what your school did to celebrate ACES Day?*

All staff/students went outside and walked for a minimum of 10 minutes around the building; also did walk to school week.

*Additional comments:*

---

**Willow Ridge Elementary School**                      450 students                      Previous participant  
Eaton County    30 friends

*Describe briefly what your school did to celebrate ACES Day?*

We completed laps for our mileage club.

*Additional comments:*

---

**Woodland Elementary School**                      217 students                      Previous participant  
Barry County    25 friends

*Describe briefly what your school did to celebrate ACES Day?*

Walked around the block (off school property). Each class carried a sign to promote ACES.

*Additional comments:*

Notify community earlier so more non-student participants could schedule to come.

**Woods Lake Elementary School**                      450 students                      First-time participant  
Kalamazoo County    30 friends

*Describe briefly what your school did to celebrate ACES Day?*

Western Michigan University cheerleaders gave demo and led exercises.

*Additional comments:*

---

**Yale Elementary School**                              462 students                      Previous participant  
St. Clair County    ~30 friends

*Describe briefly what your school did to celebrate ACES Day?*

We went on the playground, made one huge circle and exercised together then we did the Hokey Pokey!

*Additional comments:*

---

**Zion Lutheran School**                              72 students                      First-time participant  
Bay County    7 friends

*Describe briefly what your school did to celebrate ACES Day?*

Walked one mile.

*Additional comments:*

---

### **Middle Schools**

**E. Scott Middle School**                              300 students                      First-time participant  
Wayne County    10 friends

*Describe briefly what your school did to celebrate ACES Day?*

Jogged, walked fast, danced, played soccer.

*Additional comments:*

---

**Eastside Middle School**                              205 students                      Previous participant  
Bay County    14 friends

*Describe briefly what your school did to celebrate ACES Day?*

Entire school walked outside around our paved walking path.

*Additional comments:*

---

<b>Fennville Middle School</b>	340 students	Previous participant
Allegan County	21 friends	

*Describe briefly what your school did to celebrate ACES Day?*

Walked for 15 minutes.

*Additional comments:*

---

<b>Grosse Ile Middle School</b>	473 students	Previous participant
Wayne County	--- friends	

*Describe briefly what your school did to celebrate ACES Day?*

Our school began by my reading of the letter from our co-chairs from ACES. Then I dismissed each grade level from their hallways. I had each home room teacher plus one boy and one girl wear pedometers. We walked the perimeter of the school for a half an hour (30 minutes). I had a hard time getting my 8<sup>th</sup> graders to stop! They wanted to keep on walking! “We had a blast” (seventh graders). The 473 students walking made an indelible impression against the backdrop of the early morning sky and the calm of the shimmering waters of the Detroit River.

*Additional comments:*

---

<b>Hally Magnet Middle School</b>	40 students	Previous participant
Wayne County	0 friends	

*Describe briefly what your school did to celebrate ACES Day?*

Soccer Day!

*Additional comments:*

A better poster.

<b>Lake City Middle School</b>	300 students	First-time participant
Missaukee County	20 friends	

*Describe briefly what your school did to celebrate ACES Day?*

Walked to the track – walked a mile in celebration of ACES – played music on speakers.

*Additional comments:*

Staff thought it was a great way to start the day. Students enjoyed being out.

<b>Page Middle School</b>	600 students	Previous participant
Oakland County	50 friends	

*Describe briefly what your school did to celebrate ACES Day?*

We walked to the school track, for 20 minutes we walked. All students received promotion sheet and bookmark. We will be posting pictures and explanation on school website!

*Additional comments:*

---

<b>Patrick Hamilton Middle School</b>	450 students	Previous participant
Cass County	25 friends	

*Describe briefly what your school did to celebrate ACES Day?*

We walked the high school track for 30 minutes.

*Additional comments:*

---

