



City of Cambridge

38.

IN CITY COUNCIL

May 11, 1998

VICE MAYOR GALLUCCIO
COUNCILLOR BORN
COUNCILLOR DAVIS
MAYOR DUEHAY
COUNCILLOR REEVES
COUNCILLOR RUSSELL
COUNCILLOR SULLIVAN
COUNCILLOR TOOMEY
COUNCILLOR TRIANTAFILLOU

WHEREAS: Girls who play sports have more self-esteem and pride in themselves, socially as well as physically; and

WHEREAS: Girls who play sports get better grades and test scores in school, drop out less, graduate more and are more likely to go on to college; and

WHEREAS: Girls who play sports are more likely to become team players in their business associations because they have learned the importance of the "whole" team concept; and

WHEREAS: Girls who become involved in sports when young can look forward to a lifetime of increased physical and mental well-being; and

WHEREAS: Fifth grade girls are invited to participate in girls' athletic/experimental Health Day scheduled for Wednesday, May 27, 1998 at the MIT Athletic Facility; now therefore be it

RESOLVED: That this City Council go on record to encourage Fifth Grade Girls to participate in **Girls Athletic/Experimental Health Day**; and be it further

RESOLVED: That the City Clerk be and hereby is requested to forward a suitably engrossed copy of this resolution to the **MIT Athletic Facility** on behalf of the entire City Council.

In City Council May 11, 1998.

Adopted by the affirmative vote of nine members.

Attest:- D. Margaret Drury, City Clerk.

A true copy;

ATTEST:-

A handwritten signature in black ink, reading "D. Margaret Drury". The signature is written in a cursive, flowing style.

D. Margaret Drury
City Clerk

VICE MAYOR GALLUCCIO

WHEREAS Girls who play sports have more self-esteem and pride in themselves - socially as well as physically; and

WHEREAS Girls who play sports are less likely to become pregnant before they want to, and more likely to leave an abusive man or relationship; and

WHEREAS Girls who play sports get better grades ~~and test~~ and test scores in school, drop out less, graduate more, ^{and} are more likely to go on to college; and

~~WHEREAS Girls who play sports are healthier both physically and mentally; and~~

WHEREAS Girls who become involved in sports when young can look forward to a lifetime of increased physical and mental well-being; and

WHEREAS Fifth Grade girls are invited to participate ~~WHEREAS~~ in Girls' Athletic ~~and~~ Experimental Health Day is scheduled for Wednesday, May 27, 1998 at the MIT Athletic ~~Facility~~ Facility; now therefore be it

RESOLVED That this City Council go on record ~~and~~ to encourage Fifth Grade girls to ~~take advantage of the opportunity~~ participate in Girls' Athletic Experimental Health Day; and be it further

RESOLVED That this City Council commend all sponsors, organizers, and participants in this event; and be it further

RESOLVED S O C

facsimile
TRANSMITTAL

To: Anthony Galluccio
Vice Mayor
City of Cambridge

Fax: 349-4287

From: Robert J McGowan
Lead Teacher
Elementary Physical Education

Date: May 7, 1998

Subject: 5th Grade Girls Days
May 27, 1998

CC: William Bates

Pages: 3

The Girls' Athletic/Experiential Health Day is scheduled for Wednesday, May 27th (Rain Date - Thursday, May 28) for all 5th-grade girls throughout Cambridge. The program will be conducted at the MIT Athletic Facility. The tentative schedule for the day is as follows:

9:15 - 9:45	Arrive and Register
9:45 - 10:00	Opening remarks
10:00 - 11:00	Activity 1
11:00 - 12:00	Activity 2
12:00 - 1:00	Lunch program and Medals
1:00	Return to schools

I have included addition information on two pages attached to this fax.

May 1998

TO: Parents & Guardians of Cambridge 5th grade girls

We are organizing the Girls' Sports Festival to open the eyes of 5th grade girls to the fun and possibilities that await them in sports. Physical activities make people feel energetic, healthy and strong! We want to encourage a lifelong desire to be active. The key is to start young and stay involved for life. The better we take care of our bodies, the better we can care for our minds. Sports and physical activity is the key to opening doors to a productive future. It is a stepping stone to good self-esteem. We want to celebrate the potential our girls possess and lead them to an exciting, activity-filled youth!

Mary Tegan
Phys Ed Teacher

WHY DO GIRLS NEED TO PLAY SPORTS?

Recent research show us that girls who play sports:

- * have more confidence, self-esteem and pride in themselves -- socially as well as physically
- * are less likely to become pregnant before they want to, and more likely to leave an abusive man or relationship
- * earn better grades & test scores in school; drop out less/graduate more; and are more likely to go on to college;
- * suffer less from stress or depression
- * become healthier, more energetic women, with less likelihood of developing breast cancer or fragile bones

If a girl becomes a regular "doer" of sports at this age, she can look forward to a lifetime of the increased physical and mental well-being that results from being physically active. The younger a girl gets into the habit or lifestyle of playing sports, the more familiar and comfortable she will be continuing to play as she grows older.

To do this, your daughter needs your support and encouragement!

On the back, you will find contact information for various Cambridge sports leagues and other athletic programs and activities. We are asking each program to have a representative at the Festival to meet interested girls and answer questions. Please talk with your daughter about the different choices and encourage her to try one! Further information on opportunities for sports participation are announced frequently in the weekly Cambridge Chronicle sports section.

CAMBRIDGE PUBLIC SCHOOLS**HEALTH, PHYSICAL EDUCATION and ATHLETICS****459 Broadway Cambridge, Massachusetts 02138
(617)349-6690****April 7, 1998**

TO: All Elementary Principals, Assistant Principals, 5th Grade Teachers,
Physical Education Teachers and Parent Liaisons

FROM: Bill Bates, Julia Perez and Mike Weaver

RE: **Girls' Athletic/Experiential Health Day**

WHO:	5th Grade Girls
DATE:	Wednesday, May 27th
TIME:	9:00 AM - 1:30 PM
PLACE:	MIT Athletic Facility

This is to inform you that Mayor Duehay's Athletic/Experiential Health Day will be held on Wednesday, May 27 (Rain Date - Thursday, May 28.) Buses will pick up your 5th grade girls at your school at approximately 9:00 AM and will return them to your school by 1:30 PM.

It is important that each school sends at least one of their 5th grade teachers/staff or parents on this field trip. The adults who attend will supervise their students on the bus and during lunch. Please inform food service personnel regarding the free lunch students, all other children are required to bring their lunch. Physical Education teachers will have the girls fill out activity forms and pass out and collect parent permission slips.

We are looking forward to a great day!

If you have further questions, please feel free to call us at 349-6690



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Consent Order #38

608R

Vice Mayor Galluccio re: fifth-grade girls
are invited to participate in the Girls
Athletic/Experimental Health Day on
May 27, 1998 at the MIT Athletic
Facility.

In City Council May 11, 1998

ORDER ADOPTED