

District 158 news & information

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NEWS RELEASE

Students Participate in Third Annual ACES Day at Mackeben Elementary School

Students and staff members at Mackeben Elementary recently participated in the annual ACES Day in which children from all fifty states exercised in unison for a minimum of fifteen minutes. The program called All Children Exercise Simultaneously (ACES) began in 1989 as a way to curb alarming rates of childhood obesity.

Similar to the drop everything and read program, students and staff dropped everything, exited the building, and walked around a track set up just for the ACES Day event. It was fun to see the entire school building empty out to enjoy fifteen minutes of walking.

Held as an annual event, the purpose of ACES is to call attention to the importance of youth fitness in a fun, non-competitive atmosphere. Physical Education teachers also use the program to encourage kids to incorporate regular exercise into their lives and adopt healthy diets.

Last year, over 600 Illinois schools and an estimated 180,000 children (most in the USA!) were very creative in their participation in ACES. Some schools did aerobics, exercises, jogging, soccer, floor hockey, juggling, pickleball, badminton, bicycle riding, relay races, tennis, rope jumping, and more!

Mackeben Elementary is located at 800 Academic Drive, Algonquin, IL 60102. For more information, please contact the Physical Education Department staff at (847) 659-3400.

Third Annual ACES Day at Mackeben Elementary School



First grade children walk the track with their teachers Mr. Matt Webster and Mrs. Michelle Conroy during the third annual ACES Day.



Mackeben children participate in third annual ACES Day.