

Needham Park and Recreation is excited for another year of TGIF Nights and we hope you and your middle schooler are too! Never heard of TGIF Nights? Keep reading for more information!

### **What does TGIF stand for and what is it?**

TGIF stands for Teens, Games, Infinite Fun and it's a 2.5 hour event put on by Needham Park and Recreation just for Middle Schoolers! Typically there is one event a month for either 6<sup>th</sup> graders or for 7<sup>th</sup> and 8<sup>th</sup> graders. TGIF Nights is a great way for middle schoolers to let loose on a Friday night in a supervised setting.

### **Who staffs the events?**

All events are staffed by Park and Recreation staff who are all over the age of 18, have graduated high school, and have passed a CORI. We also have a uniformed police officer at each event. We welcome parent volunteers too! Contact Robyn Fink ([rfink@needhamma.gov](mailto:rfink@needhamma.gov)) if you are interested in volunteering to chaperone an event!

### **What does a "typical" night look like?**

A "typical" event starts with students arriving at 7:30pm at the back of Pollard Middle School. Students have the choice of heading into the Cafeteria or either gym. In the Cafeteria, we have a hangout area, board games, card games, snacks, and sometimes an arts and crafts project. Most events will have a DJ in one of the gyms. Students are able to dance, request songs, and learn new dances too! We do not play slow songs or songs with inappropriate words/lyrics. In the other gym, we typically change things up each event. In the past we've had a dodgeball tournament, laser tag, Hungry Hungry Hippo, Bubble Soccer, and bounce houses! The night ends at 10:00pm with pick-up at the back of Pollard Middle School.

### **What does my child need to do to attend?**

Students must have a TGIF Policies on file with Park and Recreation before the child can participate. Policies can be downloaded from the Park and Recreation website ([www.needhamma.gov/parkandrecreation](http://www.needhamma.gov/parkandrecreation)) and click on "Youth Center Information") or picked up at the Park and Recreation office (500 Dedham Ave) or Pollard/High Rock schools. Students are asked to pre-register for the event by the Thursday before at 5:00pm. If minimum number of participants isn't achieved, the event will be canceled. Pre-registration is \$10 and includes all of the activities and snacks while at the event. Registrations will be taken at the door for \$15 per person. Occasionally an extra waiver is needed for the event. If this is the case, the waiver will also be located on the Park and Recreation website as well as at High Rock and Pollard school offices.

### **What should my child wear and what do they need to bring with them?**

No matter what the theme of the night is school appropriate attire is required! Most students wear sweatpants, jeans, or shorts with a t-shirt and sneakers. No need to get all dressed up for this event! Be sure your child has on something they can run around and be active in. No extra money is needed for the event as there is nothing extra to purchase. Students are allowed to bring their cell phones but staff are not responsible for lost phones. Students must be appropriate with their phones, making sure to ask permission before taking pictures of others.

### **When are the TGIF Nights this fall?**

Friday, October 14 – 7<sup>th</sup> and 8<sup>th</sup> graders only

Friday, November 4 - 6<sup>th</sup> graders only

Friday, December 9 – 7<sup>th</sup> and 8<sup>th</sup> graders only

### **How can I get more information about the TGIF Nights?**

Sign up for Notify Me – TGIF Nights for more information. Visit [www.needhamma.gov](http://www.needhamma.gov) and select "Notify Me" in the boxes in the bottom left corner. Enter your email address, select the box for "TGIF Nights", and click subscribe. You can also follow us on Instagram @TGIF\_Nights.

### **Still a bit nervous?**

If you would like to see what happens at an event, you are welcome to come into the event with your child to see what's going on. If you have any questions, please contact Robyn Fink at the Park and Recreation office at [rfink@needhamma.gov](mailto:rfink@needhamma.gov) or 781-455-7550, option 3.