

RAVENS IN OUR COMMUNITY

PLAY 60 SUPER SCHOOL ASSEMBLY

LB **Brendon Ayanbadejo**, G/C **Gino Gradkowski**, S **James Ihedigbo**, FB **Vonta Leach**, T **Bryant McKinnie** and RB **Ray Rice** visited Stoneleigh Elementary School on Tuesday (11/27) to speak with students about the importance of maintaining a healthy lifestyle. During the visit, they led the students in fitness activities as part of the NFL's *PLAY 60* campaign, encouraging youth to receive at least 60 minutes of exercise per day. On behalf of the NFL, Ravens players presented the school with a \$10,000 NFL *PLAY 60* grant for health and wellness programming and equipment.

At the beginning of the season, schools were encouraged to participate in the NFL *PLAY 60* Super School contest and submit three essays explaining how they planned to show their NFL team pride and incorporate football into their lesson plans. Schools were also asked to demonstrate their commitment to youth health and wellness by submitting essays about their school's physical education program and how they teach students about the importance of being active and eating right.



RB Ray Rice



Ravens Players with Stoneleigh Students



S James Ihedigbo

BIRK SCHOOL VISIT



C Matt Birk with Glenelg Country School Students

On Tuesday (11/27), **C Matt Birk**, joined by Ravens cheerleaders and mascot Poe, visited Glenelg Country School to speak with students about the importance of keeping the mind and body active.

Birk met separately with four different classes of students, grades 2-5, going through the timeline of his equally impressive athletic and academic careers, and relaying how one was dependent on the other. He then took time to answer questions from the students and hand out prizes. Birk's H.I.K.E. Foundation (Hope, Inspiration, Knowledge, Education) supports all children in their academic growth by focusing on the importance of education.