

October 10, 2016

MOVEMENT AND WELLNESS CONNECTION

“Physical Education is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual energy.” John F Kennedy

The Kennedy Physical Education classes are in full swing and ready for our first group to rotate into Health. Mr. Brown's classes will go into the health room with Mrs. Hirst and Mrs. Hirst's classes will have Mr. Brown until the end of the Trimester which is November 8th. The class that will follow Mr. Brown's to health will be Mrs. Schlumpf.

The many activities that have been taking place are softball, football, soccer, conditioning, fitness testing and the introduction to the fitness center for any student that is in 6th grade or new to Kennedy. We have also been engaged in our infamous Cardio-days once a week.

Kennedy students have received the heart rate straps that were purchased and have begun wearing them in the fitness center and during some outdoor activities. The heart rate straps should stay in their P.E. lockers unless being washed which should be done in cold water with no detergent.

The weather is starting to turn so we would like to remind all students that they should have warm clothes in their P.E. locker. ANY CLOTHES THAT YOU WEAR TO SCHOOL SHOULD NOT BE WORN FOR P.E. WITH THE EXCEPTION OF SWEATSHIRTS AND YOUR COAT, HAT AND MITTENS.

Kennedy does offer intramurals in the morning during the school year. It would be a great way to make-up any missed P.E. classes. In October and November the following intramurals are available: 8th grade dodge ball, 8th grade boys basketball, wrestling, 6th and 7th grade girls basketball and volleyball. **Please check the Kennedy Website for specific dates and times.**

JAZZ HANDS- Goes to the following students for outstanding effort and character during the first 6 weeks of school.

8th grade

Sarah Lindflott	Julia Sassen	Ben Smith	Nell Lorimer	Kristin Cho	Audrey Davis
Alicia Chen	Julliat Peng	Harry Zhou	Evan Borella	Grace Raquel	Brett Skelly
Allison Cardwell	Andrew Kuncel	Tommy Carsello	Tessa DeVine	Arjun Shah	Alaina Eyberger
Sage Jones	Adam Oppenheim	Eron Ristich			

7th grade

Sylvia Anderson	Jillian Norbut	Matthew Borozan	Kirsten Hare	Cameron Dinkla	Lucy Iverson
Jacob Cao	Connor Shipley	Alex Mantel	Sarah Wirsing	Joe Tennyson	Abi Haskell
Anne Hunter	Emily Dorneanu	Quana Cannon	Rudra Katyayan	Kayla Mendoza	Amelia Parisi
Margaret Temple	Lauren Branham				

6th Grade

Christian Kuncel	Daniel Koziol	Paul McCormick	Gabriela Hernandez	Megan Norkett	Connor DeTurris
David Richardson	Cole Clemens	Tess Mally	Noah Bednar	Katie Yakus	Avery Wafford
Ella Cavanaugh	Rohin Galpalka	Taylor Sawatzky	Teagan Keane	Kiara Talaber	Gloria Baek
Shannon Xu	Henry Filer				