

December 12, 2016

MOVEMENT AND WELLNESS CONNECTION

Your health is a life time investment, we make deposits every day in
Physical Education

Oh baby it's cold outside and P.E. is now inside for classes. You will currently find your student's in activities such as basketball, floor hockey, archery, volleyball, conditioning and as always fitness center and cardio days. The activities being taught are giving the students the opportunity to learn team sports and lifelong individual activities. We are hoping that with the different activities being offered that every student will come across an activity that they enjoy participating in and possible carry it into their adult life activities.

The Health student's rotating from Mrs. Schlumpf's classes are working hard on their health self-esteem for 6th graders, Violence prevention for 7th grade and body systems with the 8th graders. Mr. William's classes will be the next group to rotate into Health on January 16, 2017.

All 8th grade students participated in the N.A.M.I. presentation during their Physical Education classes a few weeks ago. N.A.M.I. discussed mental illness with the student's, along with signs and symptoms. The presenters focused on their individual experiences and how everyone is different and may go through different signs and symptoms, but it is important to tell someone so that you can get the help that may be needed.

A few final reminders to all students:

1. Have your heart rate strap in your P.E. locker at all times. If you need to buy a strap it is \$13. Bring the money to the front office. If you prefer a used strap the cost is \$5
2. Lock your locker at all times. If you have lost your lock check the lost and found. If you can't find your lock, please purchase a new lock in P.E. office for \$6.
3. The lost and founds are over flowing. Please check the boxes for your lost items.
4. Please be sure to have gym shoes with you. We're seeing a lot of boots during class instead of gym shoes.

JAZZ HANDS – Goes to the following students for outstanding effort and character during the first 6 weeks of the 2nd trimester.

8th grade:

Lia Zwickert, TJ Manfre, George Hall, Tyler Ditmars, Sarah McCarthy, Sofia Ostendorf, Grace Raquel, Brett Skelly, Mia Rogalski, Aastha Cheuhan, Elliott Clements, Emily Gasperec, Ian Travis, Jessica Boroza, Zach Dewald, William Ma, Ishaan Mathur, Teagan Pahl, Colin Tang, Alex Zhang, Yeny Barrios, Kyle Baskin, Samantha Kelly, Emily Sun

7th grade:

Brian Izzo, Grace Mallinger, Jonathon Wu, Pratham Amin, Nathan Hanson, Christian Lapnow, Amelia Parisi, Margaret Temple, Ramy Alnass, Sofia Gut, Max Reiner, William Zheng, Abi Haskell, Rafe Schroeder, Dillon Callaghan, Riley Burke, Carly Rechterik, Sophia Stevenson, Lauren Wafford, Victoria Waun, Sylvia Anderson

6th grade:

Matthew Adler, Katelyn Yakus, Riley Czuba, Isabel Ridges, Mohammand Khan, Pierre Manieson, Chloe Smith, Celia Wroble, Allison Zhang, Julianna Lanuzza, Aiden Lu, Jeremy Moss, Iman Niazi, Olivia Meyer, Helena Illic, Will Anderson, Sammi VanLoan, John Austin, Abby Homan, Gavin Ericksen, Avery Puglielli, Sarah Bennington, Charlotte Chelic, Celina Anwar, Shirley Bai, Karthik Movva, Tyler Vorwick