

April 20-April 24, 2020

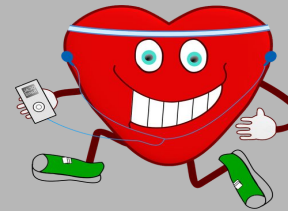
Hello Edison Elementary!

Hello James Madison, Martin Luther King, Woodbrook, Menlo Park, John Marshall, Ben Franklin, Lincoln, Lindeneau, James Monroe and Washington Elementary School Students!

As promised, we are continuing our learning this week about being a “fit” kid. This week will focus on staying active and exercising. I’m sure you all miss your friends at recess and your gym teachers as well; here are some reasons why exercise is so important and ways you can stay active at home with your family and siblings!

As always, stay safe and healthy!

Your Elementary School Nurses



Ways to stay ‘active’ indoors!

We know that you are used to being active in School, whether that be being at your PE class or at recess. Incorporating physical activity doesn’t mean you and your family have to leave home. Try to do these activities together as a family.

Read what your friend Arthur has to say about exercising. Don’t be afraid to try the basic steps he shares with you to stay active and healthy.

Make your heart happy! Your heart is a muscle. It works hard, pumping blood everyday. Help your heart get stronger by doing this aerobic exercise. It’s fun and healthy workout. Join in!

Lastly, download the *Let’s move family calendar* for an easy way to begin scheduling your activities. Track your progress and don’t forget to celebrate your achievements; every little bit counts.