

# Shamona Creek Elementary

## Health and Physical Education Newsletter

### Welcome Back!

Welcome to the start of the 22-23 school year! We are thrilled to announce and welcome our new HPE teacher, Mr. Hook. He comes to us from the School District of Lancaster with enthusiasm and many years of teaching experience! This year we will continue to build an active school environment that supports daily physical activity, quality health and physical education, recess, and sport/club participation. We have many fun and exciting activities, events and traditions planned for this year! 😊

### WHAT DOES MY CHILD NEED FOR P.E.?

- ☐ Fitted sneakers
- ☐ Comfortable clothing

\*Please leave jewelry at home on P.E. days\*

### Excuse Notes

Please send a parent/doctor note if your child is to be excused from P.E.

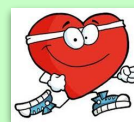


### Save these tentative dates:

★ Turkey Trot  
November 18<sup>th</sup>



★ Kids Heart  
Challenge  
February 21<sup>st</sup> – 28<sup>th</sup>



★ Field Day  
May 19<sup>th</sup> (Rain Date May 26<sup>th</sup>)



### Our Expectations in the GYM

1. Be prepared to learn
2. Try your best
3. Be polite and respectful
4. Help others and cooperate
5. Attempt new things
6. Demonstrate great sportsmanship
7. Pay attention to instructions
8. Move safely and in control
9. Have FUN
10. Leave with a smile 😊

## Shark Shout Outs

Students have the opportunity to earn a shark shout out each time they have PE by demonstrating the following:

- ★ positive attitude
- ★ good sportsmanship
- ★ engaged and participating
- ★ respectful
- ★ responsible
- ★ safe



## Golden Sneaker Award

This monthly award will go to the class that shows the most respect in the gym.

## Contact Info:

**Mrs. Ashley Garrison**

[Agarrison@dasd.org](mailto:Agarrison@dasd.org) Ext.26105

**Mr. Brian Hook**

[Bhook@dasd.org](mailto:Bhook@dasd.org) Ext. 26106

## Physical Education

Students in all grade levels will strive towards achievement in the five goal areas set forth by SHAPE America.

1. Motor Skills & Movement patterns
2. Physical Activity and Fitness
3. Personal and Social Behavior
4. Tactics related to movement & performance
5. Physical Activity for health, enjoyment, challenge, self expression and social interaction



## Health

Students in 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade will strive towards achievement in the following goal areas set forth by SHAPE America.

1. Health promotion & disease prevention
2. Influence of family, peers, culture, media, and technology and other factors on health behaviors
3. Interpersonal communication skills
4. Decision making skills
5. Goal setting skills
6. Demonstrate the ability to advocate for personal, family and community health

## Great Resources for Family Health and Fitness

- Kids Health  
<https://kidshealth.org>
- American Heart Association  
<https://www.heart.org>
- Healthy Children  
<https://healthychildren.org>

## GO SHARKS!

Mrs. Garrison  
&  
Mr. Hook

