



# Community Connections

*For our children, our community, our world, our future*

## Important dates:

**March 5-8**  
Parent-Teacher  
Conferences  
11:30 Early  
Dismissal

**March 8**  
No Late Start

**March 8**  
CHS End of  
Trimester

**March 27**  
Cheney High  
School Facility  
Conversation  
5:30 p.m. at CHS  
Join us!

**March 29**  
Cheney MS and  
Westwood MS  
End of Quarter

Friends of Cheney Public Schools,

We are committed to providing all students with access to a comprehensive K-12 health and fitness program. One of our goals is to help our students understand that they are empowered to make healthy choices so that they may be fit and well for life. At each grade level our teachers incorporate assessments that help students understand, improve, or maintain their physical well-being. We assist our students with a goal setting process to include pre- and post-assessments so that students can see the difference that their nutrition and physical fitness choices make. Our professional educators are well trained to assist students with meaningful goal setting and progress monitoring.

Our ultimate goal is that students exit our program understanding the importance of living a healthy lifestyle and recognizing how important making healthy choices is to the prevention of many diseases. Our health and fitness teachers are not only dedicated to helping our students understand these important concepts; they are also excellent role models for their students! Many of our health and fitness teachers talk about the regular exercise that they commit to as part of their daily life – and how they make great choices, which includes eating fresh fruits and vegetables every day.

It is also important that our children learn how to have fun as they pursue a healthy lifestyle. At each of our grade levels our students are exposed to a variety of life-long activities. In this newsletter you will see pictures of students engaged in fitness testing as well as activities like snowshoeing!

*For our children, our community, our world, our future,*

Debra J. Clemens, Ph.D.  
Superintendent

## Our essential foundations

- ★ High Expectations and Continuous Progress
- ★ Involvement and Engagement with School District Community
- ★ Stewardship and Planning

Cheney Middle School activities line: (509) 559-4488  
Westwood Middle School activities line: (509) 559-4161  
Cheney High School activities line: (509) 559-4120

Go to [www.cheneyisd.org](http://www.cheneyisd.org) for more news and information about Cheney Public Schools.

*Making Healthy Choices  
Fit and Well for Life*



Cheney Public Schools complies with all federal and state rules and regulations and does not discriminate on the basis of race, color, religion, national origin, economic status, gender, sexual orientation including gender expression or identity, pregnancy, familial status, marital status, age, honorably discharged veteran or military status, the presence of any sensory, mental or physical disability, or the use of a trained guide dog or service animal by a person with a disability. This holds true for all students who are interested in participating in educational programs and/or extracurricular school activities. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX/RCW 28A.640 Officer/ADA Coordinator or Section 504 Coordinator. Or inquiries may be directed to the Director of the Office of Civil Rights, Department of HEW, Washington, D.C.

Title IX/Chapter 28A.640 Officer/ADA Coordinator  
Sean Dotson, Associate Superintendent  
Cheney School District, 520 Fourth Street  
Cheney, WA 99004 Phone: (509) 559-4550

Section 504 Coordinator  
Kristi Thurston, Director, Student Support Services  
Cheney School District, 520 Fourth Street  
Cheney, WA 99004 Phone: (509) 559-4507

Requests for Disclosure of Public Records  
Sharon Throop, Public Records Officer  
Cheney School District, 520 Fourth Street  
Cheney, WA 99004 Phone: (509) 559-4502



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## CHENEY PUBLIC SCHOOLS

520 Fourth Street  
Cheney, Washington 99004

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## Sunset Elementary 1st graders enjoy snowshoeing

First grade students at Sunset Elementary School recently learned first-hand how much fun being active can be. They went on a 1-1/2 hour snowshoe adventure, which left them tired but exhilarated!



## Fitness goals at WMS

Now that students have learned how to properly take the PACER test, they will learn what their healthy fitness zone is, based on age and gender. Next, they will create a goal and continue to work towards meeting their cardio-respiratory endurance goal.

Their best score will be entered into Fitnessgram, which will generate a fitness report for them to share with their family. Shown are sixth graders taking their PACER test.

