

Community Connections

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

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

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

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

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.

excellent role models for their students! Many of our health and fitness teachers talk

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

for life. At each grade level our teachers incorporate assessments that help students

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 Debra J. Clemens, Ph.D. Superintendent

Friends of Cheney Public Schools,

setting and progress monitoring.

as well as activities like snowshoeing!

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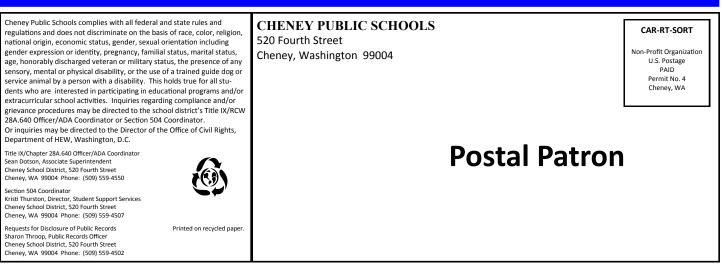
Our essential foundations

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

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

Go to www.cheneysd.org for more news and information about Cheney Public Schools.





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 cardiorespiratory 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.

