

The following information is for media outlets for the purpose of assigning staff coverage to the event.

LINCOLN STUDENTS PARTICIPATING IN 14th PHY ED ON ICE UNIT

Lincoln Elementary School students are hitting the ice to carry on the school's tradition of getting outside and skating during physical education class.

WHAT: Phy Ed on Ice

WHEN: Wednesday, January 15 and Thursday, January 16

WHERE: Lincoln Ice Rink, Lincoln Elementary School, 2120 South 9th Street, Fargo

CONTACT: Johanna Vivatson, physical education teacher, 701.446.4937 or

haertei@fargo.k12.nd.us; or **Kayla Taralson**, physical education teacher,

701.446.4936 or taralsk@fargo.k12.nd.us for more information.

Lincoln Elementary students are trading in their shoes for skates and boots as they are set to participate in an icebound tradition that now stretches back more than a decade. Lincoln physical education teachers Johanna Vivatson and Kayla Taralson are conducting the school's 14th Phy Ed on Ice unit beginning this Wednesday and Thursday. The unit will continue on Thursday and Fridays in February.

Each year, the students skate or boot skate on the Lincoln Ice Rink to help them get more comfortable on the ice. The students learn balance, agility, and sportsmanship throughout the unit.

All grade levels will participate in the skating unit during their normal physical education time. Kindergarteners and first graders must wear boots for the activity. Second-through-fifth graders may choose to either wear skates or boots, depending on their comfort level on the ice and the availability of skates in their size.

The school's Parent Teacher Association helped to purchase skates that are much easier to tie or strap up than traditional lace-up skates. Students are allowed to bring their own skates if they have them.

This event is weather dependent. Media representatives should contact the school office to ensure the outdoor activity is occurring prior to arrival.