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# THE WASHINGTONIAN

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## THRIVING THROUGH MOVEMENT

This school year we are focusing on Thriving Through Movement. Every morning we do movement with our class. During this time, we do different exercises such as jumping rope, jumping on the trampoline, ladder drills, jumping jacks, and push-ups. Madison a 4th grader says “morning movement helps me to be in a better mood”. Za’mora a third grade student says “sometimes on the bus I get mad, but morning movement helps me calm down. We look forward to continuing to move throughout the year!”



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BACK TO THE SCHOOL MORNING: BRING YOUR PARENTS FOR MORNING MOVEMENT!



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We invited parents to join our classes for morning movement! Anthony a third grade student said “it felt good to have my mom come work out with me. I was able to show her different exercises and it was great to give my mom at hug at school!”. This event was a great success with over 50 families attending.

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## THIRD GRADE SHARK TANK!

Third grade students learned about entrepreneurship and collaboration during their Shark Tank projects. The winning group made a business plan for Edible Slime!

