

Falcon Strong: Healthy Bodies

Strong Minds

FALL EDITION

WELCOME BACK TO SCHOOL!

Built by: Carla Funfer

As a teacher for over 18 years, including coaching various sports, I am continually looking for ways to improve my curriculum. I currently teach Health & Physical Education at the high school and serve as Dean of Students for both the high school and elementary levels. This year, through a collaboration with Slippery Rock University's Physical & Health Education Department, I want to enhance our program by improving one element of the Comprehensive School Physical Activity Programs (CSPAP). My goal is to inform and remind students, staff, parents, and the community about the importance of wellness as a whole, along with offering information on some of the positive options available to our students and community.

Lets Get Physical!!

By gaining knowledge, developing skills, and applying healthy habits related to physical activity, fitness, and exercise, Falcons can create and maintain a healthy lifestyle while attending school. Establishing a lifelong routine of physical activity not only supports academic success but also helps prevent disease, builds strong bones and muscles, and promotes overall well-being.

“
Get a daily workout, and you
will naturally eat and sleep
well better. You will be a
different person. Exercise
will enhance your
performance in your daily
hours.”

JOHN SOFORIC

GRACIOUSQUOTES.COM

Upcoming After School Activities

- ✓ Varsity Girls Volleyball
- ✓ Varsity/Junior High Football
- ✓ Competitive Cheer
- ✓ Varsity/Junior High Golf

LINK TO ACV SITE FOR SCHOOL EVENTS

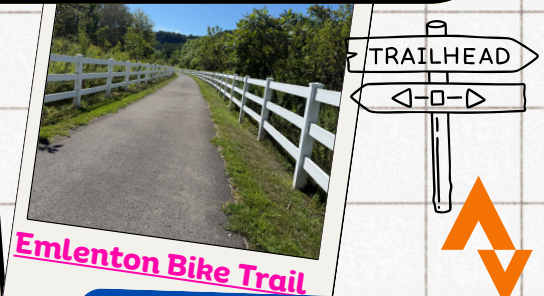
Stronger Together the Falcon Way!

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

- Hippocrates

COMMUNITY & FAMILY ENGAGEMENT

Within our district there are many great opportunities to get out and move. The campus setting is one of the most serene in District 9 – with rolling hills, beautiful morning sunrise, the vibrant colors of fall starting to pop, and the river just beyond the hill. Walking around campus provides gentle slopes, beautiful scenery, and safe paths to get your steps in. Plus, a newly resurfaced track will soon add to the safe, enjoyable environment. Walking has become one of my favorite ways to stay active, and I encourage you to check out the nearby bike trailheads in Emlenton, Foxburg, and Parker – each offering a great way to enjoy the outdoors and stay moving. Get out and explore!



Emlenton Bike Trail

Using Apps to monitor, track and guide your physical activity can help be a motivator and set goals. Most of these apps have access to tracking your location to keep you safe. Top used apps for hiking, biking and trails: Alltrails, Komoot, and Strava. Explore what is right for you and get out and move!

Breakfast time

All happiness depends on a **LEISHURELY BREAKFAST.**

-John Gunther

Did you know that all students can receive free breakfast everyday?! At the elementary school, students can eat breakfast upon arrival by going through the cafeteria line, and at the high school, students can get breakfast before school starts up until 7:50 then again during 2nd chance breakfast between 2nd and 3rd period at the designated cart in the back hallway!! Encourage your child to participate in the school's breakfast program. School breakfast helps children have the fuel they need to thrive in and outside the classroom. When children eat breakfast, they: score better on tests, experience fewer behavioral problems such as tardiness and absenteeism, and focus more during the school day. I hear the Strawberry smoothie is a student FAVORITE!! (only available at the HS)

Health & Wellness Resources

- ✓ [Physical Education Guidelines](#)
- ✓ [SCPAP Framework](#)
- ✓ [SHAPE America](#)
- ✓ [CDC - Physical Activity](#)