

Grandview School

Physical Education and Health News

A "highlight reel" for parents, teachers, administrators and the public

"PHYSICAL EDUCATION BUILDS A STRONG NATION!"

Grandview School will celebrate its annual Field Day on Friday, June 5th with a rain date of Tuesday, June 9th. This year's theme is "Physical Education Builds A Strong Nation!" wherein students in grades 1-3 will be participating in physical activities related to some of the fifty states in celebration of the 250th birthday of the United States of America, Flag Day and Independence Day! Field Day will be held at Liberty Field for 1st, 2nd and 3rd grades in the morning. Specific times to be determined. **Come on out and see us!!!**

We are also looking for many volunteers to help out as facilitators during Field Day. Volunteers are asked to arrive 30 minutes before the Field Day activities begin.

Please contact your NCPE officers for information on how to help and be a part of the day!

Students are encouraged to wear some form of patriotic attire (red, white and blue) for the day albeit comfortable and appropriate for the weather to allow mobility when exercising...and of course, sneakers. No slip-ons without backs, boots, sandals, Uggs, flip-flops, crocs, open-toe shoes, twirling shoes, Heely skate shoes, wedge sneakers, Converse extra-hi-top boots, sneakers with exposed springs or strap shoes, please.

Thanks for your flexibility with our no jeans policy during gymnastics! We appreciate your efforts in the name of safety!

*****MARK THIS DATE ON YOUR CALENDAR*****

Wednesday, May 6th → Grandview School's

24th Project ACES (All Children Exercise Simultaneously) Program

9:45 A.M. - 11:00 A.M.

[Rain Date: Friday, 5/8]

Students will be celebrating National Physical Fitness and Sport Month. Students are asked to wear Grandview colors.

Project ACES is a student-led and student-driven event. No parents/guests, please.

UPDATE: Students in grades 1-3 have completed their spring fitness challenges. The emphasis on health-related fitness criteria helps to provide the students the encouragement for personal fitness and exposure to different assessments to help them learn about the different parts of physical fitness, rather than comparisons between students. For specific details of your child's fitness assessment, please feel free to email me. Congratulations to all students for trying their best! Play 60 minutes a day!

In Case of an Emergency

In case of an emergency, does your family have a home escape plan? Have you discussed it with everyone in your home? In addition, have you practiced your home escape plan night and day, twice a year? If you answered "yes" to these questions, thank you for being prepared and safe. If not, would you consider implementing the above suggestions?

How to help your child be prepared for P.E. class with sneakers... Evenings can be busy and mornings can be chaotic, so one of the ways your child can help himself/herself be prepared for P.E. class the next day is to have a written note posted near a location that your child looks at every day. Suggestions include a bulletin board, mirror, wall near child's backpack, refrigerator or a calendar. Choose what works best for your child. Also, your child could leave an extra pair of sneakers at school for "just in case" days. That would also work for a jacket being left at school for days when we are wearing our jackets out at recess.

P.E. CHALK TALK: HAVE A PHYSICALLY ACTIVE AND HEALTHY SUMMER AND SEE YOU IN SEPTEMBER!!!

Yours in Physical Education and Health, James R. Whitney