PHYSICAL EDUCATION NEWSLETTER

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NOVEMBER

ROAD TO SUCCESS



Being Prepared

Be sure to be prepared for PE class daily by wearing athletic sneakers!
Encouraged: Change of clothes



Lock Valuables

Take care of your belongings by locking them up in your PE locker!

If your child needs a locker, please have them ask



Absences

For every class you miss, you are required to makeup that PE class within 2 weeks of absence. Missed classes result in a zero. Makeup info in Google Classrooms



Don't Bring to PE

- No food or drinks (water bottles only!)
- No cell phones or earbuds
- No boots, Crocs, Hey Dudes, slides, or slip-on shoes
- No backpacks in the gym

ATHLETES OF THE WEEK!

-BRIDGET BUCKI
-NATALIE WALKER
-EVELYNN SYPNIEWSKI
-JONATHAN BARLOW
-ELLIOTT SZYMKOWIAK
-KARLIE LIPINSKI

INTRAMURALS

Drop-Off side door by football field between 6:50am-7:05am

7th & 8th Grade PE Games
Tuesdays 11/17-12/15

https://forms.gle/aExUK8LVG3DUHV746

6th Grade PE Games
Tuesdays 11/19-12/17

https://forms.gle/FdJK75MvMNBMUCDr9

Please sign up by 11/10. We will be taking the first 50 students.

HEALTH NEWS & TIPS

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HEALTH TOPIC OF THE MONTH: SLEEP!

RECOMMENDED AMOUNT OF SLEEP FOR MIDDLE SCHOOLERS: 8-10 HOURS NIGHTLY

TIPS FOR GOOD SLEEP:
- DEVICES AWAY AN HOUR BEFORE!
- KEEP THE ROOM COOL
- NO CAFFEINE AFTER 12 PM
- SET A BEDTIME! (IF YOU'RE WAKING UP AT 6 AM, BEDTIME BY 10 PM)

UPCOMING UNITS

- FITNESS
- PE GAMES
- HANDBALL