Vol. 26, No. 2

Grandview School
Physical Education and Health News

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

GYMNASTICS ANNOUNCEMENT!!!

Gymnastics begins Monday, November 30th!!!

- **Students will be reminded to wear activewear, sweat pants or warm-ups ("shwooshies")**
- **Students who wear <u>jeans</u> during the gymnastics unit will not be allowed to participate for safety reasons. Also, whenever possible, please limit clothes with excess zippers and belts.**

Thank you for your help in keeping all students safe in physical education!

MAY YOUR VACATION DAYS BE FIT AND FUN!

Families, keep up your workouts and nutritional guidelines throughout the winter!

Rule of thumb for keeping children warm is to dress them in one more layer of clothing than an adult would wear in the same conditions. Health Tips: If you are exercising at high altitudes this winter, please remember to stay hydrated and wear sunscreen and eye protection.

WINTER WEATHER WISDOM

As the weather turns colder, the students have been reminded during physical education and recess to wear a jacket outside. It has also been suggested that they wear hats, scarves and gloves/mittens to keep their head, neck and hands covered for warmth. The recess procedure is for students to look at me. If I'm wearing my jacket, students need to wear their jackets. If children wear a winter hat, they can conserve more body heat for their hands and feet. **If your child wears boots, crocs, high wedges or Uggs** to school, please remind him or her to pack sneakers in a bag and bring them along to school, so he/she can participate during physical education class and fully participate at recess, including the playground equipment.

MARK THIS DATE ON YOUR CALENDAR

Thursday, January 28th (Snow Date: 1/29/27) → **<u>3rd Grade Physical Education Special Event (No parents/guests.)</u>**

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?

FITNESS UPDATE

Students in grades 1-3 have completed their fall fitness challenges in cardiorespiratory endurance, muscular strength, muscular endurance & flexibility. The assessments provide feedback based on whether the student achieved the criterion-referenced standards for physical activity and fitness. 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. The results are not posted for other students to see as this could create embarrassing situations that does little to create positive attitudes towards exercise and being active. In addition, the standards are age and gender specific. As a part of the overall curricula and philosophy of physical education, the objective is to teach students the physical and behavioral skills they can use to lead an active life while demonstrating good sportsmanship for their classmates. The information can be used to help students strive for their personal best and to teach students what exercises and activities they can participate in to reach a level of healthy fitness. Students who are physically active tend to have better grades, school attendance, cognitive performance, on-task behavior, enhanced self-esteem and improved strength and endurance. Congratulations to all students for trying their best and I encourage everyone to play 60 minutes a day!

Grandview School Physical Education and Health News is written by Mr. James R. Whitney, Physical Education and Health Teacher