

THE GYM-NEWS-TUM

Lawton Elementary

October 14, 2009

open house

We'd like to thank everyone who was able to stop by the gym last week for the K-1st Open House. It was quite overwhelming with the number of families that came to the gym and we know that not every student was able to share what they have been learning with their families. We'd like to let you know that you are more than welcome to visit your child's PE class if you want to see him/her in action. In addition, we will be needing volunteers when we start roller skating this year.

PE Homework

Starting this month, all students will be responsible for completing Physical Education homework. All homework assigned for PE will be tied in with the new Health and Fitness Curriculum, Five for Life. With state CBA's required at grades 5, 8, and 10, we want to make sure we not only prepare students physically, but also cognitively. We know that students need a balance in their life just like adults so homework will only be given on a monthly basis. Students will have the whole month to complete the assignment with the exception of this month.

All homework assignments will be given to their homeroom teachers or to the students directly. If your child does not bring it home or it gets lost, you can always go to the Lawton PE website, www.orgsites.com/wa/lawtonpe, and download one from there.

Start your day off right!



Let's help our students be "learning ready" by sending them to school with a full tummy and a good night sleep. A nutritious breakfast is needed to give your child "go power" until lunchtime and we certainly function better when we have adequate rest.

Friendly Reminder



We would like to remind families that all students need to wear appropriate shoes and clothing for their Physical Education classes. Clothing should be conducive to movement and the best athletic shoes should either have laces and velcro straps. Slip on athletic shoes with no heel backs **ARE NOT** appropriate for students to wear to P.E. class. In the next few weeks we will be doing some of our fitness tests so it's important that the appropriate shoes and clothes be worn. If your daughter wears a dress or skirt, it is asked that shorts are worn underneath especially since students have been learning handstands and we will be getting into tumbling soon. Thank you for your attention to this.

After School P.E. Enrichment off to a great start!



Registrations continue to come in and all clubs have a significant number of participants. Beginning Unicycle is full, Yoga and Hip Hop are almost full, and jump rope and tumbling still have room.

For tumbling it stated that you need to be able to do a handstand and cartwheel. To clarify, they do not have to be perfect and it's more for us to know that a child can bear hi/her own weight. Currently there is a waiting list for beginning unicycle and hopefully we will be able to move some students off of that list before the next session.

You can still register for P.E. enrichment by going to the Lawton PE website at www.orgsites.com/wa/lawtonpe/pgg1.php3 and downloading a registration form.

Over →

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What to look forward to in P.E. and Special Events

- * Fitness testing
- * Roller-skating/Rollerblading
- * Tumbling
- * Bowling
- * Conference Week Camp - look for information coming home soon.



- * Always wash your hands after sneezing, blowing your nose, or coughing, or after touching used tissues or handkerchiefs. **Wash hands often** if you are sick
- * Use warm water and **soap** or **alcohol-based** hand sanitizers to wash your hands.
- * Try to **stay home** if you have a cough and fever.
- * **See your doctor** as soon as you can if you have a cough and fever. Follow their instructions, including taking medicine as prescribed and getting lost of rest.



helmets required for p.e.



We wanted to remind families that helmets are now a requirement for certain wheeled activities in P.E. class. Order forms were due last week but we will be purchasing some extras so if you still needed to buy a helmet, please send in \$12.00 with a note letting me know the color (red or blue) and the size your child would need. Checks should be made out to Cascade Bicycle Club.

Students will not be required to bring their helmets on every P.E. day they have otherwise that would be a logistical nightmare. We will inform your child and you as to when these particular activities will be happening and then your child can bring his/her helmet. In the event your child forgets, I will have some helmets to loan out but not many. In addition, if you do borrow one of the school helmets, you will be required to wear a plastic shower cap in order to prevent the spread of lice.

Flu Season is Here!

With seasonal flu and H1NI upon us, we want to make sure we take every possible precaution to avoid spreading germs. Here are some things we all can do to help.

Keep your germs to yourself:

- * **Cover your nose and mouth** with a tissue when sneezing, coughing, or blowing your nose.
- * **Cough or sneeze into your arm.**
- * **Throw out used tissues** in the trash as soon as you can.



Keep the germs away:

- * **Wash your hands before eating**, or touching your eyes, nose, or mouth.
- * **Wash your hands after touching anyone else** who is sneezing, coughing, has a runny nose or is blowing their nose.
- * **Don't share things like towels, lipstick, toys** or anything that might be contaminated with respiratory germs.
- * **Don't share food, utensils, or beverage containers** with others.

Source: Washington State Department of Health.

For more information, you can visit www.doh.wa.gov

Have an Outrageous October and a Hoppin' Halloween! Ms. Parks & Miss DeJong

