

# THE GYM-NEWS-IUM

Lawton Elementary

September 23, 2009

## What is the Gym-NEWS-ium?

The Gym-NEWS-ium is the P.E. newsletter that is published for the students and families of Lawton at each month. The newsletter may include important information about the newly adopted Physical Education Curriculum, P.E. happenings, celebrations, healthy recipes to try, and much more. I hope that you will take a few minutes each month to read the Gym-NEWS-ium and to be a part of a healthier and informed community.

## Welcome to success-oriented P.E.

As the Physical Education Specialist it is my philosophy to develop both the mind and body through movement. Physical Education is an integral part of your child's education that contributes to his/her growth and development. It is my goal to give your child a positive P.E. experience and to help him/her gain an appreciation of the importance of staying healthy through lifetime fitness and recreational activities. Your child will have experiences in individual, team, and group activities that place an emphasis on participation, cooperation, and success through personal goals. In addition, with the new "Five for Life" Health and Fitness Curriculum, your child will have access to additional health and fitness lessons.

A key element that contributes to a student's success and well-being is safety. While in P.E. class students need to wear appropriate clothing and footwear. Clothing should be conducive to movement and the best athletic shoes should either have laces or velcro straps. Some shoes do slip on but they must have a back heel and rubber soles on them.



### Appropriate & Safe shoes

- \* Rubber soled athletic type shoes
- \* Gym shoes should have ties, velcro, or at the very least zippers.
- \* All shoes should cover the heel of the foot.



### Inappropriate & unsafe shoes

- \* Heeleys - even without wheels.
- \* Crocs
- \* Slip on tennis shoes
- \* Clogs



- \* Dress shoes
- \* Sandals or Flip Flops
- \* Open toed shoes



I look forward to helping your child develop new skills, master current skills, and have a positive physical education experience while at Lawton.

## When does my child have P.E.?

Please note when your child or children have P.E. in order to make sure they are appropriately dressed. As a result of Lawton's student population growing, you will notice that all students will receive P.E. 3 times for 30 minutes during the year. Though it is still 10 minutes less that the state mandates, we are making progress!

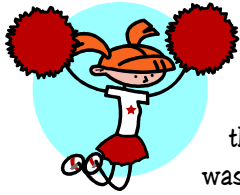


Class	Days for P.E. - same all year
101 - Mr. Conner	Tuesday, Thursday & Friday
102 - Mrs. Crosser	Tuesday, Wednesday, & Friday
103 - Miss Hensley	Monday, Tuesday, & Thursday
104 - Mr. Terry	Tuesday, Wednesday, & Friday
105 - Miss Raymond	Tuesday, Wednesday, & Friday
106 - Mr. Matzner	Monday, Tuesday, & Thursday
107 - Mrs. Anderson	Tuesday, Wednesday, & Friday
108 - Mrs. McDonagh	Monday, Wednesday, & Thursday
109 - Mrs. Scharks	Monday, Thursday, & Friday
110 - Miss Rudisill	Monday, Wednesday, & Thursday
111 - Mrs. Locke	Monday, Wednesday, & Friday
201 - Mrs. Palewicz	Monday, Wednesday, & Thursday
202 - Mrs. Wong	Monday, Tuesday, & Thursday
203 - Ms. Rybock	Monday, Tuesday, & Friday
204 - Mrs. Ulmer	Monday, Wednesday, & Thursday
206 - Mrs. Misner	Tuesday, Wednesday, & Friday
207 - Mr. Hubbard	Tuesday, Thursday & Friday
208 - Mr. Reddy	Monday, Tuesday, & Thursday
209 - Mr. Howard	Monday, Wednesday, & Friday

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# THE GYM-NEWS-TUM

## More P.E. time and a new teacher for our students!



We are happy to announce that we will have one and a half PE teachers for our students again! With the increased number in students, it was important to the Lawton community to make sure students were getting more P.E. not less. In order to do this we had to create a new half time position. Though we've had to start the year off with a substitute, we are lucky to have Sue Turner with us up to this point. Students call her "Ms. T" just like I did when she was my teacher at Sanislo Elementary. Yes, that's right she was my teacher too and she has taught for 36 years so she has plenty of experience. As for hiring a permanent teacher, we will be doing interviews this week so we most likely will have someone by next week.

## After School PE Clubs/Enrichment

As of today, we still have no word on whether or not teachers will be allowed to provide after school enrichment programs for our students due to a current issue with the district. The district has been working on resolving the issue of whether or not teachers would have to "pay" to use the rooms for their programs. However, I am very hopeful that everything will be resolved so that our students will be able to have access to the wonderful programs that have been provided year after year. Below is a tentative schedule of when P.E. enrichment clubs will be offered so please keep them in mind and hopefully we can start by my intended start date of October 5th.

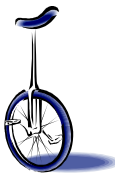
**Monday** - Intermediate & Advanced Unicycle

**Tuesday** - Beginning Unicycle

**Wednesday** - Jump Rope or Tumbling Club

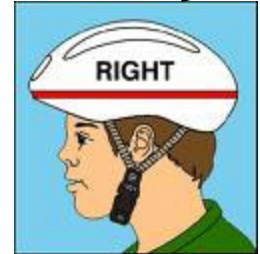
**Thursday** - Hip Hop Club

**Friday** - Yoga Club



## helmets required for p.e.

During the summer a new policy was implemented by Seattle Schools requiring all students to wear helmets while engaged in most wheeled activities. A few examples of activities include roller skating, unicycling, razor scooters, pedalos, and walking wheels. By requiring helmets is not saying that these activities should not be taught, it is a just a proactive step to preventing injury.



Because the policy was implemented in the summer and we were not informed until late August, we were not able to add helmets to the student supply list. In order to avoid the spread of lice and to ensure the proper fit for each child, the decision was made to ask all students to have their own helmet. If your child already has a helmet, then you will not need to purchase one. If you do need to purchase one, we were able to work with Cascade Bicycle Club to purchase helmets for a low cost of \$12.00.

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.

Please see the attached order form if you need to order a helmet.

## lawton's p.e. website

If you like to go online to stay informed about P.E. happenings, you can visit the Lawton P.E. website at [www.orgsites.com/wa/lawtonpe](http://www.orgsites.com/wa/lawtonpe).

Have a Great Year!  
Ms. Parks

