

THE GYM-NEWS-RUM

Lawton Elementary

November 10, 2010

Halloween Candy Challenge A HUGE Success!



This year's Halloween Candy Challenge was the most successful in terms of how much candy the students brought in. At the end of the day Friday, students set a new record with 744.5 pounds of candy. We were amazed by

the amount of candy that continued to come in throughout the week. All the candy will be donated to Santa's Soldiers in Issaquah. In addition to the amount of candy the kids chose not to eat, we were also able to raise \$540 for the Ballard Food Bank. We would like to thank the following staff and parents for donating to our challenge.

Mrs. Parks - \$90.00	Mrs. Ulmer - \$60.00
Mrs. Cooper - \$60.00	Mrs. Misner - \$30.00
Mrs. Anderson - \$20.00	Michael Locke - \$10.00
Ms. Schultz - \$15.00	Mrs. Dowd - \$20.00
Ms. Wheeler - \$20.00	Mrs. Schumer - \$20.00
Mr. Howard - \$50.00	Mr. Hubbard - \$20.00
Mrs. Wong - \$25.00	Ms. Helm - \$30.00
Mr. Terry - \$20.00	Mrs. McDonagh - \$20.00
Benoit/Vonada Family - \$30.00	



Here are the final results for each classroom plus the winners of the prizes this year.

Room 101 - 38 lbs.	Room 103 - 53 lbs.
Room 104 - 44 lbs.	Room 105 - 69.5 lbs.
Room 106 - 20 lbs.	Room 107 - 36 lbs.
Room 108 - 36 lbs.	Room 109 - 32.5 lbs.
Room 111 - 34 lbs.	Room 201 - 38.5 lbs.
Room 202 - 35.5 lbs.	Room 203 - 46 lbs.
Room 204 - 33.5 lbs.	Room 205 - 30.5 lbs.
Room 207 - 68 lbs.	Room 208 - 53.5 lbs.
Room 209 - 71.5 lbs.	

Winners of the prizes:

The two rooms that won an extra hour of Field Day in June are Rooms 105 and 209. The students who won a pair of "Golden Tickets", which allows them to go to the front of the line on Field Day, are:

1. Molly Hughes
2. Nicole Johnson
3. Garrett Spragins
4. Sasha Roach
5. Eric Skogland
6. Maya Noble
7. Connor Fatland
8. Nicolas Bartolome

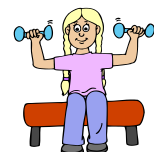


P.E. Homework

Don't forget that each month we assign P.E. Homework to all grades that will reinforce what we are learning in Physical Education. In October we had a high number of students turn in homework but for an entire school it was not very many. We have decided to have a drawing each month for a pair of "Golden Tickets" for Field Day. Each student who turns in his/her homework on time and is done correctly (following the directions) will be entered in to the drawing. Good Luck!

Why Children Need Physical Education...

Studies have proven over and over again that children DO benefit from having Physical Education and being exposed to lifetime fitness. In addition, research has proven that active children succeed academically because they are healthier overall. The following is a list of the reasons children NEED Physical Education, Health and Fitness.



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- Reduced Risk of Heart Disease
- Stronger Bones
- Improved Physical Fitness
- Weight Reduction/Maintenance
- Health Promotion
- Improved Judgment
- Self Discipline
- Skill Development
- Experience Goal Setting



- Stress Reduction
- Reduces Risk of Depression
- More Active Lifestyles
- Strengthened Peer Relationships Improved Self Esteem
- Improved Self Confidence

Source: National Alliance for Physical Education and Health

What you can do to help your child at home

If you have a kindergartener - 2nd grader there are some things you can practice with them at home that will help them in their P.E classes. Here is a list of things to try:

1. Practice tying shoe laces
2. Blow up a balloon and practice hitting it back and forth
3. Play catch
4. Kick a ball back and forth
5. Practice dribbling and shooting basketball
6. See who can hold a push up the position the longest

Emergency Plan...

Does your family have one?



It is important to plan ahead for possible emergency situations. Does your family have an Earthquake Plan and the recommended supplies stored in an easily accessible place? Water, food, flashlights with good batteries, blankets, first aid kit are some of the bare essentials. Do you have a plan in case of Fire or other kind of disaster? Hopefully these situations will never occur however; being properly prepared can help us to deal with them more effectively. Here are a few websites that can help you with putting a kit together.

www.americanfamilysafety.com

www.redcrossstore.org

What do you give your child for a snack?



Healthy food choices make a big difference in our energy level, brain power, weight control, and simply feeling good. Sometimes it's difficult to make sure our children get a healthy snack with such hectic schedules but we really are doing them an injustice if we don't try our best. The next time you want to grab snacks for your child, think about what you are asking them to put into their bodies. Try some of the choices below:



Bananas
Oranges
Carrots
Peanut Butter
Raw Nuts
Cheese
Cucumbers
Grapes
Dried Fruit

Apples
Celery
Crackers
Yogurt
Sweet Potatoes
Low-Fat Yogurt
Broccoli
Strawberries



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Recipe Corner

Here's a favorite soup I like to make in the fall and winter. Hope you enjoy it! Ms. Parks

Pumpkin Curry Soup

- 3/4 cup chopped onion
- 2 Tablespoons teaspoons curry powder
- 32 oz. chicken broth
- 15 oz canned pumpkin
- 2 baker potatoes, peeled & cut into 1" cubes
- 1/4 cup chopped fresh cilantro

1. Saute onion in a little chicken broth for 5 minutes.
2. Add curry, broth, pumpkin, & potatoes - bring to boil.
3. Reduce heat to medium and cook about 15-20 minutes or until potatoes are done.
4. Add cilantro.



Have a wonderful November
and
Happy Thanksgiving to you
and your family !

Ms. Parks and Miss DeJong



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