

# THE GYM-NEWS-TUM

Lawton Elementary

September 13, 2010

## Welcome to success-oriented P.E.

As the Physical Education Specialists we are very excited to be back together for another year of working together and working with your children. Our philosophy is 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 our 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 our recommendation would be for students to wear athletic shoes. However, if your child does not have athletic shoes, the shoes he or she should wear either have laces or velcro straps. It's important that shoes have a back that goes over the heel and rubber soles are essential. If you aren't sure about a shoe, please feel free to contact one of us and ask - we are happy to help out.



### 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 athletic shoes without heels
- \* Clogs
- \* Dress shoes
- \* Sandals or Flip Flops
- \* Open toed shoes
- \* Cowboy Boots



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

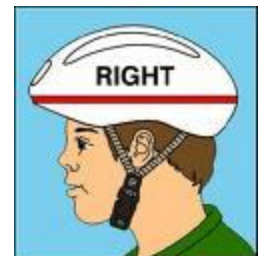


Please note when your child or children have P.E. in order to make sure they are appropriately dressed and wear the proper shoes. The Lawton community and staff have shown continuous support for Physical Education and this is apparent because we have two Physical Education Specialists. Because of this, this will be the first time that our students will receive P.E. for 35 minutes three times a week for the entire year. This is a total of 105 minutes per week - 5 more than the state requirement!

| Class               | Days for P.E. - same all year |
|---------------------|-------------------------------|
| 101 - Mr. Conner    | Tuesday, Thursday & Friday    |
| 103 - Miss Hensley  | Tuesday, Wednesday, Friday    |
| 104 - Mr. Terry     | Monday, Wednesday, & Thursday |
| 105 - Mrs. Dowd     | Tuesday, Wednesday, & Friday  |
| 106 - Mr. Matzner   | Monday, Tuesday, & Friday     |
| 107 - Mrs. Anderson | Tuesday, Wednesday, & Friday  |
| 108 - Mrs. McDonagh | Tuesday, Thursday, & Friday   |
| 109 - Miss Rudisill | Monday, Wednesday, & Thursday |
| 111 - Mrs. Locke    | Monday, Wednesday, & Thursday |
| 201 - Mrs. Palewicz | Monday, Tuesday, & Thursday   |
| 202 - Mrs. Wong     | Monday, Tuesday, & Thursday   |
| 203 - Ms. Rybock    | Monday, Thursday, & Friday    |
| 204 - Mrs. Ulmer    | Monday, Tuesday, & Thursday   |
| 205 - Mrs. Misner   | Tuesday, Wednesday, & Friday  |
| 207 - Mr. Hubbard   | Monday, Wednesday & Thursday  |
| 208 - Mr. Reddy     | Monday, Wednesday, & Friday   |
| 209 - Mr. Howard    | Tuesday, Wednesday, & Friday  |

## helmets required for P.E.

Seattle School District requires that all students wear helmets while engaged in most wheeled activities unless waived by a parent/guardian. A few examples of activities may include roller skating, unicycling,



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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.

In order to ensure a proper fit for each child and the possibility of spreading lice, we felt it was best to add a helmet to the class supply list for each grade. If your child already has a helmet, then you will not need to purchase one. If you do need to purchase one, we have some available for purchase through our P.E. department. If a scholarship is needed for a helmet, please contact either Cheryl Parks or Leslie DeJong at 252-2142 or send us an email at [clparks@seattleschools.org](mailto:clparks@seattleschools.org) or [lmdejong@seattleschools.org](mailto:lmdejong@seattleschools.org).

Students will not be required to bring their helmets on every P.E. day otherwise it will 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, we will have some helmets to loan out but we will not have.

## P.E. Homework

Beginning in October we will be sending home monthly P.E. homework for all grades. The homework is designed to help reinforce what students are learning in their P.E. classes as well as health related lessons from the Five for Life curriculum. Homework will be sent home at the beginning of every month and will be due by the end of the month. Please keep an eye open for the first assignment in October.

## 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).



Here's to a Great Year!  
Ms. Parks

