

# THE GYM-NEWS-TUM

Lawton Elementary

October 6, 2010

## 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](http://www.orgsites.com/wa/lawtonpe), and download one from there.

## Seattle Kids Marathon

The Seattle Children's Kids Marathon is structured to allow children - kindergarten through eighth grade - to complete a full 26.2 mile marathon at a rate that is fun and safe for their growing bodies "one mile at a time." It also encourages them to read 13 books and perform 13 do rights (good deeds).

We have created a team for the Seattle Kids Marathon under "Lawton Elementary Dolphins". This is a great lifetime activity for kids to be involved in. Students will complete 25 miles prior to November 27th and complete the last 1.2 miles on race day. Laps students earned at the Move-A-Thon and during their half mile or mile test can be used towards their 25 miles!

If you are interested in signing your child up for this fun experience, please follow the directions listed below:

- \* Go to [www.active.com/register/index.cfm?CHECKSSO=0&EVENT\\_ID=1810991](http://www.active.com/register/index.cfm?CHECKSSO=0&EVENT_ID=1810991)
- \* Click on Kids Marathon
- \* Fill out the information for the waiver, click agree and continue.

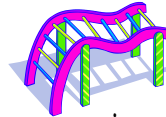
- \* Select "Lawton Elementary Dolphins" from the Select Team drop down menu.
- \* Register!

## 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 class. 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.

## Run, jump, and Climb!



Children who spend an extra 25 minutes in energetic play or who walk for an extra 35 minutes each day may be buying insurance for stronger bones later in life.

Sedentary lifestyles are linked to osteoporosis (thinning bones). Dr. Ann Rowlands says, "a little exercise in childhood and greater consumption of calcium could go a long way in preventing osteoporosis."

Source: *International Symposium for Pediatric Work Physiology*,



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



# 7<sup>TH</sup> ANNUAL HALLOWEEN CANDY CHALLENGE AT LAWTON



Once again the students at Lawton are being challenged to donate some of their Halloween candy this year. This is not mandatory and only students who really want to participate should do this. For the last 6 years many of Lawton's staff members and parents have participated in the challenge and have donated money to UNICEF, Northwest Harvest, or the Ballard Food Bank for every pound of candy brought in by students.

- 2004 - Students brought in 316 pounds and helped raise \$275 for UNICEF.
- 2005 - Students brought in 377 pounds and helped raise a total of \$539 for UNICEF.
- 2006 - Students brought in a whopping 562.5 pounds and raised \$896 for UNICEF.
- 2007 - Students brought in 566.2 pounds and raised \$466 for UNICEF.
- 2008 - Students brought in 566.2 pounds and raised more than \$300 for Northwest Harvest.

All candy must be brought in by Friday, November 6th to be eligible for the official count. In addition, *all candy that is turned in MUST be from this year's trick-or-treating night and not from other holidays. All candy that is not Halloween related (i.e. Valentine's candy, Christmas) will not be weighed in with the rest of the candy. Brand new bags of candy will not be counted towards student's total.*

## SPECIAL PRIZES

1. The two classes (primary and intermediate) that bring in the most candy will receive the privilege of getting to go out to Field Day an hour before all other classes.
2. All students who bring in 5 pounds or more will have their name entered into a drawing for sports or PE equipment.
3. Toothbrushes donated by the University of Washington will be given to every student in the school.
4. Last but not least, the money raised will stay close to home by being donated to either Northwest Harvest or Ballard Food Bank.

The following staff members have already indicated they will participate in this year's challenge. We are hoping to get more people involved like parents and community members. If you are interested in donating, please contact Cheryl Parks at [clparks@seattleschools.org](mailto:clparks@seattleschools.org) with the amount you would like to donate or send in a note.

Ms. Parks - \$0.15 per pound	Ms. Wheeler & Family - \$20.00	Mrs. Dowd - \$20.00
Mrs. Misner - \$0.05 per pound	Mr. Terry & Family - \$25.00	Ms. Schultz - \$15.00
	Michael Locke (Mrs. Locke's son) - \$10.00	

*We will have a maximum amount for per pound donations if it exceeds 600 pounds.*

### Lawton Students...are you up for this challenge?

Remember, you are doing several great things by only giving up some of your candy.

1. Cutting back on the amount of candy and sugar you would be eating.
2. You are helping out in your own community because the money raised will be donated to the local food bank. The candy will be donated to various organizations.
3. And finally, you are working together as a school community for a great purpose - cutting back on junk food, working hard to stay healthy and helping others who may need some assistance.

