

THE GYM-NEWS-TUM

Lawton Elementary

January 13, 2011

What's been happening and what's coming up in pe...

First we'd like to say welcome back even though it's been over a week since we have returned. As you can see it's taken us a bit of adjusting after having two weeks off from school. We hope you had a restful and fun holiday break as we both did.

Now that we are back, it's right back to the grind for us and the kids. We started 2011 off with getting more familiar with our own bodies. The PE classes have been working on learning about our muscles and bones through movement activities. Your child may have already come home letting you know that your thigh bone is called your femur or that your upper arm bone is called the humerus. We will continue trying to learn about our bodies for the remainder of the year through homework and activities in P.E. class.



In addition to learning about muscles and bones, students have also had the opportunity to earn "Club Cards". These cards are similar to sports or Pokemon trading cards and they are trying to collect as many as possible. The only catch is that they have to earn them by learning and improving a variety of different skills in P. E. class. This has been a great teaching tool that helps motivate students to push themselves to the next level or to try an activity that they may never had tried before. All students keep their cards in their P.E. portfolio and these are stored in the gym. Feel free to stop by and take a look at your child's portfolio anytime you are in the building.



Here is what we have coming up soon in P.E. class:

- Hip Hop Dance Residency for grades 2nd-5th
- Brain Dance and Creative Movement Residency for grades K-1st
- RollerBlading
- Round 2 of Fitness Testing
- Archery



student intern in p.e.



Hi! My name is Nicole Brekkaa. I am a student teacher from Seattle Pacific University where I am earning my teaching degree in Physical Education. I am excited to be here at Lawton Elementary to learn more about the Physical Education program from Mrs. Parks and Ms. DeJong. I am very passionate about teaching others how to live a healthy life. I am eager to begin this journey in the classroom alongside your children.

is physical education important to you and your family?

Have you ever asked yourself how important you think Physical Education is to your child's education? How important are the food choices that schools offer? Now may be the time that you ask. A bill called "HB 1025-The School Flexibility Act" seeks to repeal **RCW 28A.210.365** (Food choice, physical activity, childhood fitness-Minimum standards-District waiver or exemption policy) and **RCW 28A.230.040** (Physical education requirements in grades one through eight). It is important that you know what is at stake in the event you would like to contact your representatives. If you are interested in knowing

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exactly what it at stake please click on the following links.

What's at stake?

Link to RCW 28A.210.365 :

<http://apps.leg.wa.gov/RCW/default.aspx?cite=28A.210.365>

Link to RCW 28A.230.040:

<http://apps.leg.wa.gov/rcw/default.aspx?cite=28A.230.040>

Here is some additional information provided by WAHPERD (Washington Alliance for Health, Physical Education, Recreation, and Dance).

- * Obesity stats: 34% now, predicted to be 40% by next decade.
- * The academic benefits of physical education - research has proven time and again that those who are more physically fit do better academically as well.
- * The national standard is daily physical education for 60 minutes a day.
- * This generation of student is predicted to not outlive their parents because of the obesity and diabetes epidemics.
- * Our state spends about 1.8 billion dollars each year for health care costs due to obesity and diabetes.

If you would like to email any of the sponsors on the Education committee by sharing any thoughts or concerns that you or your child may have, it not only would be appreciated by us, your children's Physical Education teachers but also by the thousands of other Physical Educators who are just as dedicated into promoting lifetime fitness and health.

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chillin' out with a cold

What is a cold?

A cold is an infection of the upper respiratory system. This just means it affects the nose, throat, and ears.

A cold virus gets inside your body and makes you sick. There are over 200 viruses that cause colds. There is no cure for colds, and doctors don't have a vaccine for colds because there are too many different viruses that can cause them. The human body has the best cold cure - the immune system. The immune system defends your body against illness.

What are some symptoms of a cold?

- low fever (100 to 101 degrees Fahrenheit or 37.2 to 37.8 degrees Celsius)
- body chills
- itchy or sore throat
- sneezing, runny nose, and watery eyes
- coughing
- feeling tired and not hungry
- congestion (when your nose is stuffy and it's hard to breathe)



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- If you are experiencing any of these symptoms, you probably have a cold.

What can you do to prevent colds or feel better when you have a cold?

1. **Bring on the heat.** Hot drinks soothe coughs and sore throats while also clearing mucus. So eat (or drink) your chicken soup!
2. **Get steamed up.** A steamy shower or a bowl filled with warm water (inhale the steam by standing over the bowl with a towel over your head) aids stuffy or bloody noses. Or run a humidifier (a small, quiet machine that sprays fine cool mist in the air) to relieve your scratchy throat and itchy eyes. Humidifiers make room air moist, which loosens mucus.
3. **Practice healthy habits.** Eat a balanced diet, drink lots of fluids, get plenty of sleep, and keep your body fit through regular exercise. These habits will keep your immune system ready to fight colds.
4. **Tennis, anyone?** When you sleep on your side, the nostril on the opposite side of your body stays open. So, if your nose is clogged on the right side, squeeze a tennis ball under your left armpit. You'll be tricking your brain into thinking you're asleep so the other nostril will open!
5. **Blow your horn.** Blowing your nose is the best way to get rid of mucus.
6. **Wash hands frequently** and try to keep fingers away from your nose, eyes, and mouth. This will stop colds before they start! It will also keep everyone else from getting the cold, too!
7. **Talk** to an adult about your symptoms.
8. **Rest.** Take a nap, or go to bed a little earlier for a few nights.
9. **Destress.** Kids who are stressed out feel worse when they have colds. Relax and use the time to read, listen to music, or watch a movie.

Have a Joyous January!
Mrs. Parks & Miss DeJong

