

Gym-NEWS-ium

Lawton Elementary

April 1, 2011

Boardwalk Success

The sun was shining on March 20th which made for an awesome Boardwalk 5K event. Students, teachers, parents, friends, and family turned out at Husky Stadium to raise money for Seattle School Physical Education Programs. We want to thank those Lawton

supporters who came out and joined us!

-Calvin and Alexa Terry and Family

-Emma Lee and Family

-Principal Helm

Boardwalk



Did you know....

The average adult heart beats 72 times a minute; 100,000 times a day; 3,600,000 times a year; and 2.5 billion times during a lifetime.

Rollerblading coming to Lawton!!

It's finally time to try out our new rollerblades! At the end of last year, we were able to purchase a brand new set of inline skates and the time has come to strap on the helmets and try them out. We will be introducing inline skating to all grades, K-5, starting April 25th (the week after Spring Break). Students are required to wear protective gear, including a helmet, elbow pads, and knee pads, unless otherwise specified by a parent or guardian. We will be sending permission slips and additional information home later this month. And with the many skates to tie, hands to hold, and helmets to fit, we will also be asking for parent volunteers to come and help out especially in the afternoon with our younger classes. Thank you in advance for all your support!

Coming up in PE:

- Volleyball
- Rollerblading
- Fitness Testing
- Station Work
- Archery

Thank you for supporting the Lawton Auction and PTA

“Try and fail, but don’t fail to try.”

We want to thank everyone again for their participation and support of the Lawton PTA at the auction last month. The PTA helps fund many of our programs, including PE. This past year the PTA enabled us to buy new equipment to help support having two PE

teachers, brought in dance residencies Debbie Gilbert, Joanne Petroff & Chris Daigre, purchased a new Xbox Kinect gaming system for students to use during PE, help us put on an amazing field day, and so much more. So again, thank you for all your support!



Mark your Calendars... Family Fitness Night

Your PE Program presents Family Fitness Night, coming to Lawton Thursday, June 2. Come and check out the latest news and information on health and fitness from local vendors and business. Try out different fitness activities and experience new and

exciting ways to be physical active. Participants in this year’s festivities include:

- REI
- Rock This Sway Zumba
- Denali Fitness
- Magnolia Karate
- More to come!



Stay tuned for more information!



@therapy rocks!
www.therapyrocks.com

Cheryl Parks

clparks@seattleschools.org

(206) 252-2142



Leslie DeJong

lmdejong@seattleschools.org

(206) 252-4667