

Gym-NEWS-ium

Lawton Elementary

June 6, 2011



Aloha Field Day Fun

Aloha! This year we are taking on the feel of the islands: relaxing and having some fun in the sun as Field Day transforms into a Hawaiian getaway. Come and join us on Friday, June 17 for what is sure to be another Field Day success! Some activities and stations will include:

a giant dual slide, bungee basketball, picture taking, razor gliders, balloon darts, air brush painting, mini golf, and the always-popular dunk tank! So put on your shades, grab your sunscreen and Hawaiian shirt, and join us for Field Day 2011! See you all there!

Did you know....

Physically inactive people are twice as likely to develop coronary heart disease as regularly active people.

Family Fitness Night

Last Thursday, June 2, we had our very first Family Fitness Night! It was a wonderful and successful evening and we were thrilled with the number of kids and families that came out. We wanted to give a special thank you to all of our guests who helped us out for the evening and many of them provided some very cool prizes!

- REI
- Yoga with Claudette Evans
- Hapkido House
- WA Trails Association
- CrossFit Interbay
- Discovery Wellness Center
- Rock this Sway
- Sync Fitness
- Vashon Fire Dept
- Magnolia Chiropractic & Massage

And an extra special thank you goes to the following people who helped out with organizing and very last minute details:

Bobby Mullins, Madeliene Noe, Elaine Cooper, Laurel Scott, Gretchen Gray, Gloria Hablewicz, Annie Hauge, Myron Hauge, and Amie Schumer.

Coming up in PE:

- Finish fitness tests
- Ultimate Frisbee
- Frisbee Golf



Stay active and safe this summer!

*"Try and fail,
but don't fail
to try."*



Cheryl Parks

clparks@seattleschools.org
(206) 252-2142



Leslie DeJong

lmdejong@seattleschools.org
(206) 252-4667

Summer in the northwest is a great time to get outside and get those important minutes of physical activity. Come to our Family Fitness Night to learn about different opportunities in your community, and also check out these fun ideas for the summer:

- ~Enjoy a loop around Green Lake - walk, bike, rollerblade, jog
- ~Go to a local park and kick a soccer ball or throw a Frisbee
- ~Rent a kayak and take it for a paddle on Lake Union - <http://www.nwoc.com>
- ~Check out a local hike - http://www.localhikes.com/MSA/MSA_7602.asp



While you are out enjoying the weather, make sure you stay safe!

~Using sunscreen daily has shown to dramatically reduce the risk of skin cancer. Visit the Skin Cancer Foundation website for information on recommended products to keep you and your family safe this summer. <http://www.skincancer.org/Sunscreen>



~As the weather warms up take extra care in and around the water. Buddy up, get skilled, know your limits, and swim in safe areas. http://kidshealth.org/teen/safety/safebasics/water_safety.html

