

Gym-NEWS-ium

Physical Education Newsletter

Lawton Elementary

September 14, 2011

WELCOME TO P.E. AT LAWTON!

The philosophy of our program 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 or fit snug enough not to come off. 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 me and ask – I am happy to help out.

PLEASE REVIEW WITH YOUR CHILD

Physical Education expectations:

Remember to Always...

- Work Safely.
- Be kind and respectful to others.
- Take care of the equipment.
- Participate to the **BEST** of your ability!
- Share your talents by helping others.
- Follow school rules.
- Play **FAIR!**
- Listen to others.
- Be a good Sport
- Remember this phrase... "I can't" is not spoken here, but "I can" and "I'll try" is.

"The best inspiration is not to outdo others, but to outdo ourselves."
Anonymous

WHAT KIND OF SHOES SHOULD MY CHILD WEAR?

Appropriate & Safe shoes

- Rubber soled athletic type shoes
- Gym shoes should have ties, velcro, or at the very least fit snugly.
- 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 with heels



- Sandals or Flip Flops
- Open toed shoes
- Cowboy boots



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HELMETS REQUIRED IN P.E. CLASSES

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, razor scooters, pedalos, and walking wheels. By requiring helmets we are not saying that these activities should not be taught, it is a just a proactive step to preventing injury.

WHAT ARE WE DOING IN P.E.?

- Softball & Baseball
- Dribbling and catching skills
- Locomotor Skills
- Safety - general space & personal space

WHAT'S COMING UP IN P.E.?

- Fitness testing
- Dance Dude
- Gaylen Suave

“Try and Fail but don’t fail to try.”

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 but only in medium and large. If a scholarship is needed for a helmet, please contact Cheryl Parks 252-2142 or send an email clparks@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 you and your child 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 caps to cover your child’s hair. By using school helmets that are shared, there is always a risk of a lice outbreak if just one student has it.

If you do not want your child sharing a helmet then it’s best to make sure he/she comes to school with one on P.E. days. In addition, there is a waiver form attached that I would appreciate you filling out and returning to me as soon as possible.

A FAREWELL FROM MISS DEJONG

I hope you all had a great summer! I just wanted to share some news that I am sure you are probably already aware of. I was preparing to return this year with the same schedule as I had last year, which had me at Lawton in the mornings and traveling to Sand Point in the afternoons. I found out at the end of the summer that Sand Point’s enrollment had increased enough where they can offer me a full-time position. I am so excited to be at a school full-time and for the new opportunities I will have there, but it will be very difficult not returning to Lawton this year. Lawton will always be very special to me as the place where I started teaching. Thank you to the amazing staff, families, and students for making my first two years of teaching absolutely wonderful. Have a fantastic year!

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, download homework, find out about upcoming special events, after school enrichment programs, you can visit the Lawton P.E. website at www.orgsites.com/wa/lawtonpe.



WHEN DOES MY CHILD HAVE P.E. CLASS, HOW OFTEN, AND BY WHOM?



Please note in the table below as to when your child or children have P.E. in order to make sure they are appropriately dressed and wear the proper shoes. I want your child to be safe and by coming to class prepared helps tremendously with this.

Though we are not at the 100 minutes per week that is required by the state our students do get P.E. class 3 times a week for 30 minutes for a total of 90 minutes per week. We will try to get the students the additional 10 minutes of P.E. during FIT CLUB on Monday and

Tuesday afternoons. However, students will not be able to come all year as all classes will have to rotate into these slots.

The Lawton community and staff have shown continuous support for Physical Education and this is apparent because we have two Physical Education Specialists. Currently we have a full time instructor taught by Cheryl Parks and she is starting her 18th year at Lawton. For more information on Mrs. Parks, please visit the P.E. website www.orgsites.com/wa/lawtonpe or school wesite for

her full bio. The second position is a half time position in the morning and that is being taught by Sue Turner. Though Mrs. Turner is filling in as a substitute she has over 36 years of teaching experience. Mrs. "T" was Cheryl Parks' elementary school P.E. teacher and mentor as well. She also teaches the after school tumbling program. WE are very lucky to have such an experienced teacher filling in for us until the district lifts the hiring freeze.

Class	Days for P.E. – same all year
101 – Mr. Conner	Monday, Wednesday, Friday
102 – Mrs. Palewicz	Monday, Wednesday, Thursday
103 – Miss Eppley	Monday, Wednesday, Friday
104 – Mr. Terry	Tuesday, Thursday, Friday
105 – Mrs. Dowd	Monday, Tuesday, Thursday
106 – Mr. Matzner	Monday, Thursday, Friday
107 – Mrs. Anderson	Monday, Wednesday, Thursday
108 – Mrs. McDonagh	Tuesday, Thursday, Friday
109 – Miss Rudisill	Tuesday, Wednesday, Friday
201 - Miss Mitchell	Tuesday, Wednesday, Friday
202 – Mrs. Wong	Tuesday, Thursday, Friday
203 – Ms. Rybock	Monday, Wednesday, Thursday
204 – Mrs. Ulmer	Monday, Wednesday, Friday
205 – Mrs. Misner	Monday, Wednesday, Thursday
207 – Mr. Hubbard	Monday, Tuesday, Thursday
208 – Mr. Shernoff	Tuesday, Thursday, Friday
209 – Miss Kelly	Tuesday, Wednesday, Friday



Helmet Waiver Form for P.E.

Though helmets are required by the school district, parents can waive their child from wearing a helmet and safety pads on all or some activities. Please fill out the form below and have your child return it to school so I can keep a record for all activities we have coming up this year.

Thank you,

Cheryl Parks
Physical Education Specialist
Lawton Elementary


Student Name _____ Homeroom _____

____ I want my child to wear a helmet for all the wheeled activities listed below.


____ I waive my child from having to wear a helmet on the following activities (check all that apply)

____ Unicycles 

____ Razor Scooters 

____ Pedalos 

____ Bikes

____ Walking Wheel 

____ Rollerblading (also has safety pads – please mark if you want to waive any of the safety pads listed below)

_____ wrist guards _____ elbow pads _____ knee pads

I understand that by marking any of the activities listed above that my child does not have to wear a helmet in P.E. class. In addition, by marking any of the safety pads my child will not be required to wear them during rollerblading in P.E. class.

Parent Signature

Date

Printed Name

email or phone #

Please return to Mrs. Parks in the gym.