

Gym-NEWS-ium

Physical Education Newsletter

Lawton Elementary

October 3, 2011

P.E. HOMEWORK

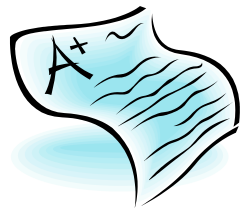
Starting this month, all students in grades K-5 will be assigned and responsible for completing Physical Education homework. All homework assigned for PE will be tied in with the new Health and Fitness Curriculum, Five for Life as much as possible.

With the OSPI developed assessments required at grades 5, 8, and 10, I want to make sure our students are prepared physically and cognitively.

I know that students need a balance in their life just like adults so homework will be assigned on a monthly basis. Students will have the whole month to

complete the assignment. Even if your child forgets a month, it can always be done at a later time as I will always accept homework.

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, and download one from there.



TUMBLING IN P.E. CLASSES

Classes will be tumbling in their P.E. classes for the next two weeks. Please make sure your child wears clothes that are conducive for moving. Girls should wear shorts or leggings underneath dresses or skirts.

SEATTLE KIDS MARATHON

Are you a fan of running or walking? Are you interested in how you can help our students get involved in a lifetime activity? Then this may be the volunteer job for you.

I am looking for someone or several parent volunteers to organize a student team from Lawton to participate in the Seattle Kids Marathon in November.

This event is a great way for kids to get a taste of what it's like to be involved in an organized run/walk.

If you are interested, please contact me as soon as possible so we can get the kids ready!

Contact information to the right.

“There is no better exercise for strengthening the heart than reaching down and lifting up another.”



©theevery rocks!
greg matusic
matusic.com

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.

Cheryl Parks
clparks@seattleschools.org

206-252-2142

A CHANGE IN TEACHERS AND A CHANGE IN THE P.E CLASS SCHEDULE



WHAT ARE WE DOING IN P.E.?

- Tumbling
- Fitness Testing
- Dance Residency with the Dance Dude!



WHAT'S COMING UP IN P.E.?

- Rollerblading
- Club Cards

"If you don't take care of your body where will you live?"



As you know by a newsletter sent home by Principal Helm Lawton's enrollment came in lower than projected and with that, funding was decreased. For the month of September we have been lucky to have Mrs. T filling in as a long term sub in our half time P.E. position formerly taught by Miss DeJong. Unfortunately, we were not given the opportunity to post the position due to the district hiring freeze. Since then, Mrs. Dial, our school librarian has been offered the position and will start teaching P.E. to 2nd – 5th grade classes on October 3rd. All 2nd -5th grade classes will have both Mrs. Dial and myself on a rotating basis. A new schedule has been created and some classes now have new P.E. days. Please take a look below to see if your child's class has new days.

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

FLU SEASON IS COMING...

Keep your germs to yourself:

- **Cover your nose and mouth** with a tissue when sneezing, coughing, or blowing your nose.
- **Cough or sneeze into your arm.**
- **Throw out used tissues in the trash as soon as you can.**
- Always wash your hands after sneezing, blowing your nose, or coughing, or after touching used tissues or handkerchiefs. **Wash hands often** if you are sick.

- Try to **stay home** if you have a cough and fever.
- **See your doctor** as soon as you can if you have a cough and fever. Follow their instructions, including taking medicine as prescribed and getting lots of rest.

Keep the germs away:

- **Wash your hands before eating,** or touching your eyes, nose, or mouth.
- **Wash your hands after touching anyone else** who is sneezing, coughing, has a runny nose or is blowing their nose.
- **Don't share things like towels, lipstick, toys** or anything that might be contaminated with respiratory germs.
- **Don't share food, utensils, or beverage containers** with others.



LAWTON ELEMENTARY'S 8TH ANNUAL HALLOWEEN CANDY



Once again the students at Lawton are being challenged to donate some of their Halloween candy this year for the following reasons:

1. Cutting back on the amount of candy and sugar they would be eating.
2. Helping out in our 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.

This is not a mandatory challenge and only students who really want to participate should do this. For the last 7 years many of Lawton’s staff members and parents have participated in the challenge by donating money on a per pound basis or a flat donation. We have donated money to UNICEF, Northwest Harvest, or the Ballard Food Bank.

Over the last 7 years the students have brought in 3609.4 pounds of candy and \$3416 has been raised and donated to either UNICEF, Northwest Harvest or Ballard Food Bank. This is an amazing accomplishment and I hope Lawton students continue to make me proud and represent what we are about!

Prizes will include the following:

1. The two classes (primary and intermediate) that bring in the most candy will receive an hour extra at Field Day.

2. All students who bring in 5 pounds or more will have their name entered into a drawing for a pair of “Golden tickets” for Field Day.
3. Students who bring in at least 3 pounds will be entered into a drawing for a oral health care package.
4. The best prize of all is knowing that you are making a concious effort to eat less candy and sugar and help others in need.



If you are interested in donating to the Halloween Candy Challenge, please email Cheryl Parks at clparks@seattleschools.org to either donate a flat amount or a per pound amount. Let’s do what we can to help Ballard Food Bank.

Donors:

- Mrs. Parks - \$0.15 per pound
- Mrs. Misner - \$0.05 per pound
- Mrs. Ulmer - \$0.05 per pound
- Mrs. Anderson - \$20.00 Flat
- Mrs. Dowd - \$20.00 Flat
- Mr. Terry & Family - \$25.00 Flat
- Ms. Rybock - \$25.00 Flat
- The Schumer Family - \$20.00

Special Rules:

- All candy must be brought in by Friday, November 4th to be eligible for the official count. In addition, all candy that is turned in MUST be from this year’s trick-o-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.
- We will have a maximum amount for per pound donations if it exceeds 600 pounds.

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