

# Gym-NEWS-ium

## Physical Education Newsletter

Lawton Elementary

November 1, 2011

### Dance Dude Delivers!

The week of Oct 24 – 28, every student in the school experienced the fun of dancing with Gaylen “the Dance Dude” Sauve. Students reviewed dances previously taught 2 years ago and learned new ones like the Turbo Hustle.

All grades were able to have dance the whole week as we combined P.E. and Music classes. Classes were 50 minutes long allowing for ample time to practice the dances and giving all students at Lawton more than the state required minutes of P.E.!

I’d like to thank the following for their support:

1. the PTA for providing such a wonderful and meaningful experience for the children at our school.  
Not only does this

experience cover what is taught in P.E. but also in Music. Students practiced skills in rhythm, beat, social interactions, locomotor skills, following directions and a variety of more.

- Mrs. Cooper for her flexibility in allowing us to combine the Music and P.E. classes for the week. It’s a very big sacrifice when you only get to see each class two times a week.
- I wanted to also thank all the parents and other adult who stopped by the gym to dance with us and help lead the kids in some of the line dances. With 75 – 85 kids in the gym, every extra person in there was a blessing.
- I want to thank Jackson Jarrett and family for



donating the fresh fruit on the evening of the Fall Dance. It’s always nice to get some healthy snacks for our community.

- Lastly, every family that came out on Friday night. I know how hard it is to work all week and then go to an evening event at school but it truly did mean a great deal to see the number of people who came. I know your children love you for it.

I took tons of pictures during the week and at the dance. I’ve put them on photobucket for you to see.

<http://s1087.photobucket.com/albums/j478/cparks4pe/LAWTON%20FALL%20DANCE/>

The password is “dancedude”



### P.E. Homework

The October P.E. homework was due October 31<sup>st</sup>. Please make sure to have your child bring it in. The November homework has been given to homeroom teachers to pass out.

### 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](http://www.orgsites.com/wa/lawtonpe).

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# JOIN TEAM LAWTON AT THE SEATTLE CHILDREN'S KIDS MARATHON



The Seattle's Children's Kids Marathon is on Saturday, November 26th at 10:00am and kids are invited to participate on the Lawton team! Between now and the marathon, kids will complete 25 miles one mile at a time with the last 1.2 miles ran as a team on the day of the marathon. Kids can also earn awards for "do rights" (good deeds) and reading books. Optional parent hosted "training" will occur on Thursdays, 3:15-4:30 between now and race day at Lawton by Bekha McLean and on Sunday afternoons (dates and times TBD) by Christine McHugh.

## WHAT ARE WE DOING IN P.E.?

- Nutrition & Fitness
- Finish Fitness Testing
- Club Cards

Register on-line by November 16th at the Lawton group site <http://www.seattlemarathon.org/kids/register.php>, group name is Lawton Elementary and the key word is "LAWTON". You can also complete the attached registration form and send to Christine or Bekah no later than November 9th. Please contact Christine or Bekah for mailing instructions or any questions. Christine: [mchughtraveler@hotmail.com](mailto:mchughtraveler@hotmail.com), [cmchugh@starbucks.com](mailto:cmchugh@starbucks.com) or 206-653-6027. Bekah: [nobska02@gmail.com](mailto:nobska02@gmail.com), [rebekah.j.mclean@uscg.mil](mailto:rebekah.j.mclean@uscg.mil), 206-217-6112 or 785-383-6743.

## WHAT'S COMING UP IN P.E.?

- Rollerblading



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

# HALLOWEEN CANDY CHALLENGE

The challenge has begun! Starting today through Friday, November 4th students are being challenged to bring in some or all of their Halloween candy.

This annual challenge is a "WIN WIN" for everyone involved. Here is a breakdown of how it works:

All candy will be donated to "Operation Bald Eagle" who will then send care packages to troops overseas.

Some staff have volunteered to donate money either on a per pound basis or flat donation and all of it will go to the Ballard Food Bank.

Each person who brings in 5 pounds or more will be entered into a drawing for "Golden tickets" for Field Day.

The two classes (one primary and one intermediate) that bring in the most candy on average will win an extra hour of Field Day at the end of the year. Since class sizes vary, I will even the playing field by taking the total pounds of candy collected divided by the number of students in the class.

Each person who brings in at least 3 pounds will be entered into a drawing for an oral health goodie bag.

Everyone who brings in any amount of candy is consuming that much less sugar.

The record we are trying to beat is 744.5 pounds of candy. Can we do it Lawton?

Over the last 7 years we have collected 3609.4 pounds of candy and \$3416 for UNICEF, Northwest Harvest or Ballard Food Bank.

If you are interested in donating to the Ballard food Bank and would like to donate through our Halloween Candy Challenge, it's not too late. Just email Cheryl Parks at [clparks@seattleshools.org](mailto:clparks@seattleshools.org) and let her know if you want to do a flat donation or a per pound donation.



### Donors to date:

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

# DONATIONS NEEDED:

This year we have had a higher than normal number of broken arms or clavicles with our students. On some occasions these student are able to participate in P.E. but not always. I'd really like to have an alternative activity that will allow these students to get maximum activity time without having to use their arms.

If you have been cleaning out the garage or your house and have found that you have a stationary bicycle or elliptical that you really aren't using and have been thinking about donating , I would love to have it for our P.E. program. I believe our students who are injured in one form or another will be

able to benefit from this piece of equipment.

The other donation I am looking for are the small mini trampolines/rebounders. We use these quite often in P.E. class and many the rubber tips of the legs have broken and we can no longer use the trampoline. Again, if you have found you aren't using the one you have and would like to donate it, I would love to have it.

Thank you...



## Have a wonderful and activity filled November!