



PHYSICAL EDUCATION



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DECEMBER:

The month of December was an engaging and exciting month in Physical Education Class. Students in all grade levels participated in a holiday themed activities and continued cooperative games. Every grade level displayed impressive cooperation and teamwork.

We were also fortunate to have enough snow to go outdoors and snowshoe! Some of the students in the upper grades were able to go outdoors. Students discussed how much fun they had as well as how challenging the activity was.



IMPORTANT REMINDERS:

Physical Education Attire

Please make sure your child has the proper attire for Physical Education.

Sneakers, pants that allow them to move, and layers are important.

Snowshoeing

Winter has begun!! The upper grades (3-5) have already been snowshoeing! We have had a blast outside moving through the field. If there is another snowfall, we will head back outside. Please make sure your child has socks and proper winter attire. He or she will need gloves, a hat, boots and snow pants.

Dance, Dance, Revolution DDR

The upper grades have the opportunity to do DDR in the winter months. Please make sure your child has socks so he or she can participate. Thanks!!

Jump Rope for Heart

We will be doing Jump Rope for Heart for the first time this year. Ms. Gomes did it at Buker last year, and the students and staff loved it!!

This event is for a good Cause. The proceeds go to the American Heart Association. And, it is fun!

Jump Rope for Heart will take place during Physical Education classes the week of Feb. 22nd. The Representative from Jump Rope for Heart, Carly, will be coming to Healthy Heart DEAM. We will be doing two DEAM songs, and then she will talk about the heart. She will also let us know more information about the event.

Your child will receive letters from Jump Rope for Heart within the first two weeks of February. These letters will have information regarding how to raise money for the American Heart Association. It is not mandatory for the students to raise money in order to participate in Jump Rope for Heart. This is an option. If they choose to do so, they will be awarded “Thank You” gifts from the American Heart Association. What they will receive will depend on what they donate or raise during the event. All students will get something for participating during class.

The envelopes will be collected on **Friday, February 26, 2010. They may also raise money online. All the information will be displayed on the letter that they will get in **February**.**



SOME TASTY RECIPES:

"Grape and Avocado Salsa"

- 1 1/2 cups seedless red grapes, chopped
- 1 avocado - peeled, pitted and diced
- 1/4 cup chopped red bell pepper
- 2 tbsp chopped yellow bell pepper
- 2 tbsp chopped sweet onion
- 2 tbsp chopped fresh cilantro
- 1 tbsp lime juice
- 1/2 tsp garlic salt
- Black pepper

Directions:

Place the grapes, avocado, red pepper, yellow pepper, onion, and cilantro in a mixing bowl. Season with lime juice, garlic salt, and black pepper. Gently fold the ingredients together until well mixed. Refrigerate 15 minutes before serving. Enjoy!



"Homemade Trail Mix"

- 1/4 cup almonds



1/4 cup hazelnuts
1/4 cup walnuts
1/4 cup banana chips
1/4 cup dried cranberries
1/4 cup dried blueberries

Directions:

Mix in large zip-lock bag. Enjoy!

If you have any questions regarding the activities we are engaging in during Physical Education, please e-mail me.

Thanks,

Ms. Gomes & Mrs. McCue

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