

PHYSICAL EDUCATION NEWSLETTER

Pinnacle Charter School
Buffalo, NY

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Wellness Day is on the way!

As we enter into the new year, we have begun preparation for our 4th Family Wellness Day. The event will be held throughout Pinnacle on Saturday, February 10th in the afternoon. If you have an interesting contact that may be willing to donate prizes or facilitate an activity, please have them contact us as soon as possible! We hope this event will be our greatest yet.



Family Fitness Awards

Family Fitness Calendars from November should be turned in to your child's P.E. teacher. Families who have participated will be recognized on the Family Fitness Award Wall. Remember to use these calendars as way for your family to increase your healthy lifestyles together. We look forward to helping you become healthier families!

Healthy & Active on the Net

Each month, we provide an interactive website for students and/ or parents to use as a tool in increasing a healthy lifestyle. This month, check out www.safekids.org. Safe Kids Worldwide is a global network of organizations whose mission is to prevent accidental childhood injury, a leading killer of children 14 and under.

Note: All P.E. newsletters and any other P.E. updates will be on the Pinnacle website at www.pinnaclewny.org.

www.whatmovesu.com

The NFL has partnered with the American Heart Association to create the What Moves U program. This website has interactive games and activities as well as information for students from the ages of 5 - 19 to explore.

On this site you can find contests, challenges, prizes, and activity journals to motivate children to be active and healthy. Check out www.whatmovesu.com for more information.



Phoenix Basketball Update

Have you been to a game at the Delevan-Grider YMCA yet? If you have, you know that Phoenixes are on fire! All of our teams are well on their way to winning seasons and have greatly improved from last year. If you have not stopped in for game, be sure to get a schedule (posted outside the athletic center) and mark your calendar. We'll see you there!

Trimester 1 Recap:

January Activities:

K-2:

Rhythm and Dance
Rope Jumping

Grades 3-5:

Rope Jumping
Basketball

Grades 6-8:

Rope Jumping
Jump Bands (Cooperative Rhythmic Activities)
Basketball

Upcoming Events

Wellness Day is February 10, 2006. It is one month earlier this year. If you have interest in presenting or have a contact for us, please let us know as soon as possible. We will begin to plan for this event in the beginning of January.

Physical Education is Critically Important

(Confirms New Parents of US Opinion Survey)

The National Association for Sport and Physical Education (NASPE) polled attitudes and perceptions of adults across the nation on how they viewed physical activity and physical education. Here are some of their comments:

- The majority of adults believe physical education makes children more alert and aware, helps them focus better, increases energy, teaches them how to work with others, reduces stress and helps make children healthier;
- 81% of parents want their children to receive mandatory daily physical education;
- 73% of parents believe that physical education class will support learning in other academic areas such as science, math, and reading;
- 73% of adults say physical education will help improve academic performance;

Did you know that Pinnacle students have P.E. class for **45 minutes, 3-4 times per week**? Pinnacle also offers **physically active clubs** during and after school to help students increase or maintain their fitness levels. All classes are taught by three **certified** P.E. teachers who currently hold or are working toward a masters degree in physical education and health.