

Sawyer Physical Education Newsletter September 2007



Meet Your Physical Education Teacher!

Hello and Welcome to the 2007-2008 school year at Sawyer Elementary School! I am excited and looking forward to starting my 1st year with you at Sawyer.

My name is Amber Vanness and I grew up in Kewaunee, WI. After completing high school in Kewaunee, I attended the University of Wisconsin Oshkosh. While at UW-Oshkosh, I received a Bachelor of Science degree in Physical Education and a minor in Spanish Education. I also received a certification from UW-Stevens Point in Adapted Physical Education. Upon graduation from college I taught K-5 Physical Education in Fort Atkinson, WI for 3 years.

I enjoy spending my free time by being outside and running, biking, and roller-blading. Vacationing with my family and going to Florida was also fun this summer. I currently live in Kewaunee, but am planning on moving to Sturgeon Bay in the near future. I look forward to working with the students, faculty, staff and parents of Sawyer. Feel free to stop in anytime, call or e-mail me with any questions, comments, or concerns you may have.
Go Sawyer!

Miss Vanness
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What Will We Be Doing in Physical Education Class?

We will be doing many different activities during the school year. All grades will be doing similar activities, but tailored to the needs of the class. All classes will be involved in **manipulative skills** like *hula hoops, ball skills, bean bags, jump roping, etc.* **Low organized games** like *tag games* and *relays* will also be emphasized along with **recreational games** like *soccer, basketball, football, volleyball, etc.* **Lifetime activities** like *bowling and rhythms and movement* will also be implemented. **Cooperative** and **teamwork skills** will also be emphasized.

A Message to Parents...

I would like to invite you to visit our physical education class where you will see your child participating in a quality physical education program, the cornerstone for developing an active lifestyle. Our program consists of developmentally appropriate activities that create maximum opportunities for development of skills, knowledge, health-related fitness, and ultimately, the confidence to enjoy an active, healthy lifestyle. Your child's learning environment is safe and non-threatening and provides opportunities for success. Physical education courses offer the chance for your child to develop habits for lifetime fitness and health. During this school year, I want to encourage you to participate in your child's physical development and fitness. Children need a minimum of at least 60 minutes of physical activity every day and what better way than playing together. Go for a walk, take a bike ride or toss a ball. **It is so very important for your children to see you being physically active as role models.**



F.A.Q. (Frequently Asked Questions)

1. What does my child need to participate in Physical Education class?

- Students **MUST** wear **tennis shoes**, preferably ones that do not mark, with **socks**. If your child comes to class with dress shoes, sandals, or boots they may not be able to participate because of safety reasons.
- On days of physical education, students should wear clothes that are comfortable and easy to move around in. Students coming to class with skirts or dresses should bring along shorts or pants to put under the dress.

2. What if my child cannot participate in class?

- Students who cannot participate in class **MUST** bring a note from home.
- Students who have medical excuses and are unable to participate for longer periods of time are required to bring in a note from the doctor stating when they can return to class.
- Students who do not participate will be given alternative work to do in class.

Reminder...*if your child needs an inhaler for Physical Education please fill out a **Medication Form** which you can find in the office.*

Monthly 'Fitness Calendars'...

Starting in the month of September and continuing for the remainder of the year, students will be given a monthly 'Fitness Calendar' with the Physical Education newsletter. Students are asked to do the activities at home and have their parents/guardians **sign/initial each day the child completes the activity**. If there is more than one child in your household, all children may share the calendar. At the end of the month, students will return the calendar to Miss Vanness. For every 10 days signed/initialed students will receive 1 'Fitness Foot', for every 20 days signed/initialed students will receive 2 feet. *For every 3 calendars turned in with activities signed/initialed, students will receive a **BONUS** item from Miss Vanness!*



Special Days in the Month of September

- **National 5 A Day Month:**
<http://www.5aday.gov/>
- **Family Health and Fitness**
<http://www.fitnessday.com/family/>
- **September 27:** National Women's Health and Fitness Day -
www.fitnessday.com/women/index.htm

Back to School Healthy Snack

Banana Smoothie

Ingredients

- 1 cup crushed ice
- 1/2 cup nonfat yogurt
- 1 ripe banana
- 1 tsp lime or lemon juice



Directions

In a blender, combine crushed ice, yogurt, banana, and juice. Blend until smooth. Serve with a straw. For variety, try adding other fruits such as strawberries or blueberries.

Fitness and Health Related Links for Kids!

- <http://www.kidshealth.org/kid/>
- http://www.dole5aday.com/Kids/K_Index.jsp
- <http://www.kidnetic.com>
- <http://www.5aday.gov/>

Fitness and Health Related Links for Parents!

- <http://www.kidshealth.org/parent/>
- <http://www.health.gov/dietaryguidelines/>
- <http://www.fitness.gov/fitness.html>
- <http://www.educatedsportsparent.com/>
- <http://www.family-friendly-fun.com>

Have a Wonderful Year and Welcome Back!

