

# THE GYM-NEWS-IUM

Lawton Elementary

November 29, 2006

## The Great Body Shop



The "GBS" theme for December is:  
"Growth & Development /The Cycle  
of Family Life"

Lawton is fortunate to teach the "Great Body Shop" (GBS) health curriculum for grades K-5. We will incorporate each month's curriculum theme into our newsletter. A very important part of this curriculum is Critical Thinking and Decision-Making Skills. If you have any questions regarding the Great Body Shop or whether it is being taught, please contact your child's classroom teacher.

## Why Children Need Physical Education Part 2



In the last Gym-NEWS-ium we presented a list of reasons why children need Physical Education. In this newsletter, you will receive the rest of the reasons and hopefully you will have a better understanding of what Physical Education truly incorporates.

### 1. Skill Development

*Physical Education develops skills that allow for enjoyable and rewarding participation in physical activities. New skills become easier to learn*

### 2. Experience Goal Setting

*Physical Education gives children the time and encouragement they need to set and strive for personal, achievable goals.*

### 3. Improved Self-Confidence and Self-Esteem

*Physical Education instills a stronger sense of self-worth in children. They can become more*

*confident, assertive, emotionally stable, independent and self-controlled.*

### 4. Stress Reduction

*A good program can help children regulate their width by burning calories, toning their bodies and improving their overall body composition.*

### 5. Strengthened Peer Relationships

*Physical education can be a major force in helping children socialize with others more successfully. Especially during late childhood and adolescence, being able to participate in dances, games and sports is an important part of fitting in.*

### 6. Reduces Risk of Depression

*A good program is effective in the promotion of mental health.*



### 7. More Active Lifestyles

*Physical Education promotes a more positive attitude toward physical activity.*

## How much P.E. should my child receive?



Washington State requires that students in grades 1-8 receive at least 100 minutes of Physical Education per week as stated in WAC 180-50-135.

### WAC 180-50-135

*(1) Grades 1-8. Pursuant to RCW 28A.230.040, an average of at least one hundred instructional minutes per week per year in physical education shall be required of all pupils in the common schools in the grade school program (grades 1-8) unless waived pursuant to RCW 28A.230.040.*



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# THE GYM-NEWS-TUM

## P.E. Homework

Your child should have received the December P.E. homework from his/her homeroom teacher this week. If another one is needed, your child can always ask me for another copy or you can go to the Lawton PE website ([www.orgsites.com/wa/lawtonpe/](http://www.orgsites.com/wa/lawtonpe/)) and download one. The homework for December is listed below.



### ALL GRADES:

Draw a picture of how you lead a healthy lifestyle and write one sentence explaining what it is.

### P.E. Homework due by December 15th.



## News from Nurse Sara

The cold and flu season is here! Because these illnesses are spread via "airborne droplets", we appreciate you keeping your child home if:



- They have an illness that could be spread to other children
- They are congested, coughing, sneezing or have a sore throat
- They have a temperature of 100 degrees or more
- They will be uncomfortable in school or will be unable to be productive in class

Children need to be at home for 24 hours after their temperature has returned to normal

Also, please be sure your child is dressed warmly during these cold winter months.

## THE COMMON COLD: MYTHS & FACTS

MYTH: bacteria cause Colds, and an antibiotic will make you feel better faster.

FACT: viruses cause Colds, and antibiotics have no effect on them.

MYTH: You'll catch a cold if you get chilled.

FACT: Colds are caused when you come into contact with a cold virus. Colds are common during the cold winter months probably because people are inside more, in closer contact with one another and children are in school.

MYTH: You need antibacterial soap to kill a cold virus.

FACT: Regular soap will do just fine.

## The Importance of Handwashing

When Navy recruits were ordered to wash their hands at least five times a day, there were 45% fewer bouts of respiratory illness among the ranks. Hand washing has been recommended for more than 150 years as a **simple** and most **effective** way to reduce the spread of colds and other infectious disease. What is the right way to wash your hands?

Thoroughly wash with soap and warm running water rubbing your hands together for at least 10 seconds.



Source: *Infectious Diseases Society of America and U.S. Center for Disease Control and Prevention*

Have a Delightful  
December!  
Ms. Parks &  
Nurse Sara

