

THE GYM-NEWS-IUM

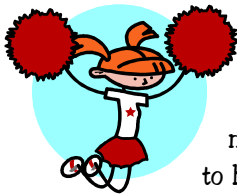
Lawton Elementary

September 19, 2007

What is the Gym-NEWS-ium?

The Gym-NEWS-ium is the P.E./Health newsletter that is published for the students and families at Lawton Elementary each month. The newsletter will include important information about health and safety, P.E. happenings, highlights about the students, and sometimes healthy recipes to try! We hope that you will take a few minutes each month to read the Gym-NEWS-ium and to be a part of a healthier community.

More P.E. time and a new teacher for our students!



This year we are happy to announce that we will have one and a half PE teachers for our students. With the increased number in students, it was important to both parents and staff to make sure students were not getting less P.E. but more! In order to do this we had to create a new half time position. Though no one has been hired permanently, we are very lucky to have Sue Turner with us at least through September. The students call her "Ms. T" just like I did when she was my teacher at Sanislo Elementary. Yes, that's right she was my teacher too! She has taught for 36 years and is still very passionate about what she does. She continues to motivate and inspire me on a daily basis and it's been fun having her teach here at Lawton. In addition to teaching, she teaches workshops, plays volleyball and softball, while co-authoring P.E. books with her husband. If you have chance, stop by and welcome Ms. T to Lawton and maybe we can convince her to stay all year!

Success-Oriented P.E.

As the Physical Education Specialists it is our philosophy to develop both the mind and body through movement. Physical Education is an integral part of your child's education that contributes to his/her growth and development. It is our goal to give your child a positive P.E. experience and to help him/her gain an appreciation of the importance of staying healthy through lifetime fitness and recreational activities. Your child will have experiences in individual, team, and group activities that place an emphasis on participation, cooperation, and success through personal goals



A key element that contributes to a student's success and well-being is safety. While in P.E. class students need to wear appropriate clothing and footwear. Clothing should be conducive to movement and the best athletic shoes should either have laces and velcro straps. Some shoes do slip on but they must have a back heel and rubber soles on them.

Safe shoes

Rubber soled athletic type shoes

Gym shoes should have ties, velcro, or at the very least zippers.

All shoes should cover the heel of the foot.

Not safe shoes

Heeleys - wheels must be taken out.

Crocs

Slip on tennis shoes

Clogs

Dress shoes

Sandals or Flip Flops

Open toed shoes

We look forward to helping your child develop new skills, master current skills, and have a positive physical education experience while at Lawton.

Over →

THE GYM-NEWS-TUM

When does my child have P.E.?

Listed in the chart below are the days each room comes to Physical Education class for the first half of the year with the second schedule starting on January 29, 2008. Please note when your child or children have P.E. in order to make sure they are appropriately dressed. As a result of Lawton's student population growing, you will notice that students will have P.E. either 3 or 4 times during the year! For the classes that do not have 4 P.E. slots, they will have an opportunity to sign up for a yoga/fitness slot for half of the class at a time which is really their 4th PE slot.

Class	Days for P.E.
101 - Mr. Conner	M, T, W, Th
102 - Mrs. Ulmer	T, W, F
104 - Mr. Terry	M, W, Th
105 - Miss Raymond	M, T, Th
106 - Mr. Matzner	M, W, Th
107 - Mrs. Anderson	M, T, W, Th
108 - Mrs. McDonagh	M, W, Th
109 - Ms. Parks	M, T, Th
110 - Miss Mitchell	T, W, F
111 - Mrs. Locke	T, W, F
201 - Mrs. Palewicz	T, W, F (T & Th - Yoga/Fitness)
202 - Mrs. Wong	M, T, W, F
203 - Ms. Rybock	M, Th, F (T & Th - Yoga/Fitness)
204 - Miss Webber	M, T, W
207 - Mr. Hubbard	M, W, Th (W & F - Yoga/Fitness)
208 - Mr. Reddy	T, Th, F (W & F - Yoga/Fitness)
209 - Mr. Howard	M, T, W, Th



Monday - Intermediate/Advanced Unicycle

Tuesday - Yoga



Wednesday - Jump Rope Club - a.m. and p.m.

Thursday - Hip Hop Dance

Friday - Beginning Unicycle



What to look forward to in P.E.

and Special Events

In just the last week and a half students have been working on beanbag skills, juggling, scooter skills, and this week they are learning about the sport of fencing. Soon they will be exposed to Ultimate Frisbee, Lacrosse, Volleyball, and cooperative Activities. In addition to these activities, they will begin practice for their fitness tests as well.

- October - 4th Annual Halloween Candy Challenge
- November - "Dance Dude" is back to teach dance
- November or December - 1st Parent's Night Out event

Lawton's P.E. Website

If you like to go online to stay informed, you can visit the Lawton P.E. website at

www.orgsites.com/wa/lawtonpe. It includes information about P.E. classes, Lawton's Physical Education program, philosophy, monthly newsletters, after school club information, pictures of students in P.E. classes, and more. You can also access the website directly from Lawton School's main website at

www.seattleschools.org/schools/lawton/index.htm and click on "Additional Links" on the sidebar.

After School Clubs



Five after school P.E. clubs will be offered this year - one on each day of the week. Registration forms have already been sent home. Space is limited for each club so sign up early.



Have a Spectacular
September!
Ms. Parks and Ms. T

