

Physical Education

With Ms. DiMarcello

October 15, 2024

Health and Wellness News Corner

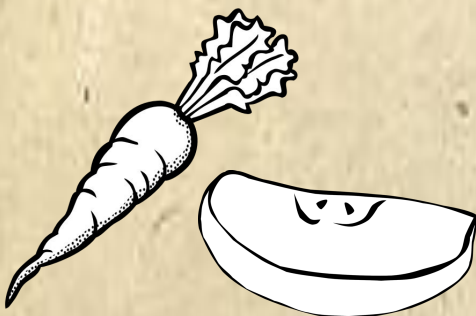
Ms. DiMarcello

October 9, 2024

The walkathon was a huge success! Students enjoyed their walks, cheered on by our Friendly Bear, and had a blast at the fitness stations, thanks to the support of parents, and our dedicated staff. A heartfelt thank you to everyone who made the day so enjoyable!

Next week, students in Grades 3-8 will begin their physical fitness assessments. Be sure to look out for our upcoming schedule of parent fitness classes, with more evening options on the way.

We're also gearing up for Classmate-Buddy Day during the week of November 4th! Students will have the chance to invite a classmate to join them for gym class. More information to follow.



Here are three tips to help your child when running:

1. **Start Slow:** Begin with short distances and gradually increase as they build endurance.
2. **Focus on Form:** Maintain good posture and a steady pace to make running easier.
3. **Make it Fun:** Use games or relay races to keep them engaged.

Students are also working on stretching and flexibility, which are crucial for preventing injuries and improving performance. Stretching helps with recovery and increases the range of motion, making running more comfortable.

This week, students started exploring the importance of healthy snacks, and in Grades 4-8, students also discussed healthy oils, and sugar content in snacks. They began researching what makes snacks nutritious and how to identify healthier options.

Here are some quick tips for healthy kid snacks:

1. **Fruit and Veggies:** Use fresh options like apple slices with almond butter or carrot sticks with hummus.
2. **Whole Grains:** Choose whole grain crackers, popcorn, or mini sandwiches.
3. **Add Protein:** Include cheese, nuts, yogurt, or hard-boiled eggs.
4. **Limit Sugars:** Opt for unsweetened yogurt with natural sweeteners like honey.
5. **Mix and Match:** Let kids create their own combinations, like yogurt parfaits.
6. **Healthy Dips:** Pair snacks with dips like guacamole or yogurt.

