



January 19, 2026

This month, we introduced new stretching and cardio activities, including yoga and dance, as we prepare for our winter assessments, and our upcoming Winter Olympics. These activities help students build strength, flexibility, and endurance while having fun.

In grades N-1, students are developing basic locomotor skills through games, learning to follow directions, build body awareness, and work cooperatively with classmates. In grades 2-5, students are participating in activities such as scooter hockey and basketball, with a focus on balance, stretching, teamwork, and communication. Grades 6-8 are playing volleyball, emphasizing stamina, coordination, strategy, and effective communication while refining their movement skills and decision-making.

Across all grade levels, we are stressing the importance of proper stretching before and after physical activity to help prevent injury. Students have also discussed simple personal fitness goals they can practice at home to improve technique and overall performance.

We are also reviewing personal hygiene at school. Please help reinforce these habits at home by reminding your child to wash hands, brush teeth, shower regularly, and wear clean clothes each day.

To support healthy living, encourage your child to help prepare healthy snacks and meals. Teaching them about nutritious choices such as fruits, vegetables, proteins, and colorful foods—helps build strong bodies and healthy minds. Letting children assist in the kitchen makes healthy eating both fun and educational.

Our students are getting ready for **Jump for the Heart!** Students will be jumping rope, and each class will be tracking the number of jumps they complete as we work together toward our goal. Our final challenge will end on **February 4, 2026**. Don't forget to wear red to school and bring \$1 to support the American Heart Association. Thank you for your continued support in keeping our students active, healthy, and strong!