

THE GYM-NEWS-IUM

Lawton Elementary

April 7, 2010

roller-rama is here!



As you may remember our Physical Education program just purchased brand new roller blades to replace our very worn down but loved rollerskates. Since we have already roller skated this year, students will not get an opportunity to try these new roller blades out unless you signed your child up for one of the RollerRama parties at the Lawton Casino Night back in March. Let your child be one of the first to test drive these blades and get a jump start on mastering them for next year. I know there are some spots still available but you should act fast by contacting Tracy Pozil @ tracy.pozil@comcast.net

ABC'S OF NUTRITION

Ever struggle to get your children to eat a little healthier? The ABC's of Nutrition are interactive, problem solving, and even fun ways to get the message of good nutrition across to kids. In our last 3 newsletters we will provide you with the ABC's of nutrition and hope that you will at least get an idea or two.

A - is for ambiance. Create a pleasant, supportive, and unhurried environment in which children can enjoy healthy foods. Meal and snack times should be happy times.

B - is for books. Choose books that weave a message about good nutrition or adventuresome eating into the storyline. Try these favorites: *Green Eggs and Ham*, *The Berenstain Bears and Too Much Junk Food*, and *The Very Hungry Caterpillar*.

C - is for copycat. Kids will copy your food habits. Set an example by being a good role model. If children see parents enjoying healthy, nutritious foods, they are more likely to do so too as children and adults.

D - is for Discovery on a Field Trip. There are many places to learn about good food right in your community. Try visiting a grocery store and have your child help pick out the fresh fruits and vegetables. You can visit a orchard or farm where fruits or vegetables are grown. You can even try visiting a farm or zoo around milking or feeding time. These times can be very educational for children

E - is for edible art. Kids can have fun with food by making it into art!

Family Fun and Fitness too!

The Boardwalk 5K is on April 25th. Information is on the April PE homework. This is a great family event that promotes lifetime health and fitness while helping to raise funds for our own P.E. program. Hope to see you there!



Get your Field Day T-shirt



Though June 18th seems like a lifetime away, it will be here sooner than you think. This year will be our 3rd annual Field Day and it honestly is one of the best day's for all the students here at Lawton. Like year's past, you will have an opportunity to order a field day t-shirt for your child. The design is the same so if your child has one that still fits that's great! If not, you might want to order a new one. If you missed the order last year, here's your chance! The two colors we have this year are black and ahs grey. An order form was in the school newsletter but you can also download one on our P.E. website by going to the following address and clicking on the link for "field day t-shirt order forms"

www.orgsites.com/wa/lawtonpe/_pgg9.php3

Over →

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Cereal Necklace: String O-shaped cereal and dried apples (with holes through the pieces) on a piece of string or dental floss.

Fruit Caterpillar: Cut up an assortment of fresh fruits (apples, strawberries, grapes, bananas, oranges). Have kids skewer a mixed assortment on shish kebab sticks. Serve with vanilla yogurt or cool whip for dip.

F - is for feedback. Praise your child for making good food choices and trying new foods. Resist the temptation to nag or scold about poor choices. Remember the positive choices and changes your child is making.



G - is for "Growing Foods". The Food Guide Pyramid is designed to

illustrate the ideal combination of a daily diet, with a new emphasis on foods from plant sources. Help your child make a "GROWING FOODS" chart for your kitchen. Draw pictures or cut them out of magazines and glue them under "GROW" and "NON-GROW" categories on a piece of poster board. Another way to help with "GROWING FOODS" is to plant your own foods in a garden.

H - is for Happy Breakfast. Research shows that children who skip breakfast do not do well on tests and do not perform other tasks as well as those who eat breakfast. Here are some helpful hints:

- * Get up early enough to have a relaxed atmosphere at breakfast.
- * Be prepared to sell your children on the benefits of breakfast such as "It will help you grow, learn, and feel energized all morning long".

I is for introducing new foods. Don't fall into the food rut. Try new foods with your family and try to make it fun! Some ideas are the "ONE BITE CLUB". When children try just "ONE BITE", they get to celebrate by going to a family restaurant or getting to choose the next family activity. Try one new food a week, incorporating different types of foods. By the end of the month your family could have a new favorite menu!

Source: *"The Family Nutrition Book by William Sears*

What to look forward to in P.E. and special events

- Basketball
- Ultimate Frisbee
- Flag Football
- Frisbee Golf/Golf
- 3rd Annual All School Field Day



FUN FACTS

1. You would need to drink a quart of milk every day for three to four months to drink as much blood as your heart pumps in one hour.
2. A person breathes 7 quarts of air every minute
3. Your tongue is the only muscle in your body that is attached at only one end
4. There are 206 bones in the human body. One fourth of them are in your feet
5. The average adult falls asleep seven minutes after turning the light off.
6. You use 14 muscles to smile and 43 to frown.
7. You blink your eyes about 20,000 times a day.
8. Your heart beats about 100,000 times a day



Have an Active April!

Ms. Parks & Ms. DeJong

