**APS Elementary Wellness Spring Newsletter**

Welcome to our Spring newsletter!

Hoorah for Spring! We are so pleased that the warmer weather is on the horizon. That being said, a reminder that many of the Wellness classes will now be held outdoors. For student comfort and protection we recommend the wearing of light colored clothing when the temperature rises, along with sunscreen. A reminder that students are also expected to wear sneakers for class.

**HIGHLIGHTS IN PHYSICAL EDUCATION**

**Grades preK-1**

The students have shown an improvement in their ability to move in good space, control the speed and direction of their bodies, and show proper self- control. Warm ups continue to focus on directionality, levels, force, flow and time. Since the time of our winter newsletter students in grades pre k -1 explored activities associated with a gymnastics themed unit. The introductory skills that were explored at the “Movement Centers” worked toward increasing flexibility, balance, coordination, and strength. The movement centers included, but, were not limited to, the climbing wall, rope, balance beam, tumbling center, and the landing zone.

**Finklehopper News:** We are hoping that Finklehopper has made an appearance at your home. If not, you should be on the “look out” for his arrival. A reminder that Finklehopper is visiting your home for only a week and then should be returned to school with your child.

**In grades 2-4**

Students in grades 2-4 participated in a gymnastics themed fitness unit. At this level, students were introduced to gymnastic related skills; for example: cartwheels, forward rolls, balance partner stunts/tricks, rope climbing/swinging, balance beam activities, climbing wall challenges, and synchronized jumping and landing. Throughout the unit students worked at making the connections between fitness components and the gymnastic related skills. Safety was paramount and the students did an exemplary job following all guidelines for personal safety and those of their classmates. Bravo.

**Jump Rope for Heart News**

With your support we are happy to report that both schools surpassed their initial goals for fundraising for the American Heart Association. You may inquire as to the total amount raised for your individual school on our websites. Roaring Brook is especially thankful for the parent help of Valerie Magro and Kara Lynch. Again, we thank everyone for their support.

**HIGHLIGHTS IN HEALTH EDUCATION**

Daily healthy choices predict positive lifetime occurrences serves to summarize the scope of Health Education instruction at the elementary level for the remainder of the school year. Students will identify the components that contribute to making healthy decisions while working in small group settings that encourage peer-peer learning opportunities centering on *How to treat the Body Right* (Hygiene, Germ Prevention, Illness Prevention, Poison/Substance Prevention). The goal of this unit is for students to not only *say and do* but to *know how and why* they are selecting and applying a decided action to remain healthy. The capacity to obtain, process, and understand health information needed to make appropriate decisions in a given setting/situation is Health Literacy. Members of the Avon Learning Community are encouraged to help reinforce student-learned skills at home and in the community; doing so will assist students in making broader connections and applications of positive health practices. To assist with family *Wellness* efforts, we encourage you to view our Websites that provide monthly information regarding National Health Observances.

*Health and success in school are interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally, and socially.” (National Association of State Boards of Education)*

**Please check our websites for upcoming Wellness events.**

Sincerely,

**Elementary Wellness Team**

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