

# **PHYSICAL WELLNESS**

## **Fourth or Fifth Grade Parents**

Your student will be bringing home a ***My Activity Log*** book soon. The U.S. Department of Education is asking our students to provide data on the number of minutes of physical activity they are receiving each week for a total of five weeks. A detailed information sheet will accompany it and their classroom teacher will collect each past weeks ***Activity Record Sheet*** on Mondays. The program will begin Sunday, September 27<sup>th</sup> and conclude on Halloween. I really appreciate your help and hope you participate along with your child!

## **New Curriculum**

(If you haven't heard!) In July, Denver Public Schools was awarded the Carol M. White Physical Education Program (PEP) grant from the Office of Safe and Drug-Free Schools for the "On the Move" Elementary School Program. Southmoor was selected to be one of the first schools to receive over \$7000 in new equipment and curriculum materials. A main part of the new curriculum is entitled SPARK (Sports, Play & Active Recreation for Kids). The original SPARK study was funded in 1989, by the Heart, Lung, and Blood Institute of the National Institutes of Health, to help reduce cardiovascular disease risk factors (e.g., obesity, high blood pressure, sedentary lifestyle) that often begin in childhood. I'm very excited to learn about and implement new activities/lessons with your student this school year and feel the program mimics my past curriculum goals

## **Proper Footwear**

Please send your child to school ***EVERY DAY*** with tennis type shoes. Children can move better and safer with shoes designed for running. Crocs, sandals & dress shoes inhibit a child's best effort. If a student has inappropriate shoes, for safe movement, in P.E. class, they will have to be a spectator or spend the class period walking around the play area. Make your child's day, and mine as well, by sending them to school with proper footwear for efficient and safe movement everyday.

## **Southmoor Scamper Jogging Club Is Adding Thursdays!**

The fall after school jogging club has begun and due to strong interest, we will be running Tuesday and Thursdays through November 24<sup>th</sup>. Family members are welcome to join us too! We begin at 3:45 p.m. on the upper field track and run for about 20 minutes. If your child will be attending, please email me at school or send a note with your child. Also, please be prompt in picking your student up at school by 4:10 p.m. If anyone has interest in being the "official" recorder of the Southmoor Scampers lap count (sounds prestigious?), let me know because I would like to participate along with the kids.

## **How To Help Kids Sleep Better**

A study in the journal *Archives of Disease in Childhood* came to the following conclusion: Active children fall asleep faster and sleep longer than children who get less exercise. The study found that it took an average of 26 minutes for a child to fall asleep. But for every hour a youngster was inactive during the day, it took three minutes longer. For active children, it worked the other way: The more activity, the less time it took to fall asleep.

In reality, an active lifestyle positively affects any and all parts of your life. Get Active & Stay Active!

Live Well,

Joseph Bazzanella



**“For years your teachers told you to settle down and sit still. You can stop now.”**