

# Welcome Back

# P.E. Newsletter

January 2020



## Getting Back into Routine

Tips for getting back to routine:

1. Eat Breakfast - even if it is something small it will help start the day.
2. Healthy Snacks and Lunches
3. Water
4. Cut out refined sugar and processed food to help focus.
5. Read together.
6. Take a walk after dinner.

A reminder please make sure kids are wearing appropriate attire on P.E. day. Elementary is Thursday and Middle School is either Tuesday or Wednesday. Tennis shoes are part of our grading rubric.

We are working on running, stretching, cardio and strength in class. Also incorporating some new games and of course the oldies but goodies. Most kids love the river game and it encourages teamwork which is a win.