

Grandview School

Physical Education and Health News

A "highlight reel" for parents, teachers, administrators and the public

Welcome Back!!! My name is James R. Whitney and I am a Health and Physical Education teacher at Grandview School. For the 2022-23 school year, I teach health and physical education to grades 1-3. My annual goals for the students of Grandview are: 1) to strive for developmental level benchmark standards; 2) to incorporate interdisciplinary learning experiences; and 3) to provide a fun, learning-based environment for each and every child. I focus on comprehensive health-related fitness and activities to develop a cognitive understanding of movement; leadership; social and cross-cultural skills and a positive attitude toward physical activity. Through participation and encouragement, I hope the students will love movement; activity and wellness, leading to a healthier lifestyle. **I hope the following annual tips will be helpful to you:**

→EXCUSE NOTES: If your child is to be excused from physical education and recess on a certain day, he/she is asked to provide a written note stating the reason for and duration of the excuse, signed by a parent/guardian or a physician. For a physician's note, a separate, written note from the physician must be provided stating the date physical education and recess may resume if not already indicated on the original note.

BREAKFAST IS IMPORTANT!: Students who enjoy breakfast every morning have more memories, more stable moods, more energy and perform better on tests. Eat a breakfast high in quality protein and limit sugar and refined carbohydrates.

SAFE AND HEALTHY HINTS FOR ENERGETIC, HARD-WORKING CHILDREN

- **Always wear loose-fitting clothing on physical education days.** Activewear and warm-up suits are great ideas!
- **Tie and Velcro sneakers are best for safety.** Students who wear slip-on styles without complete back heels or styles that may keep slipping off will not be able to participate for safety reasons. Boots, sandals (including styles that have straps across the top and leave parts of the foot exposed), crocs, dress shoes, flip-flops, shoes with hiking boot-type bottoms, twirling shoes, Converse extra-hi-top boots, wedge sneakers, sneakers with springs or Bluetooth and Heely skate shoes (with or without the wheel) are not acceptable or safe. *Students are always welcome to pack sneakers in a separate bag and change into them prior to physical education class.*
- **Always dress in several layers of clothing.** Don't overdress by piling on too many layers. Children should feel cool at the beginning of physical education classes before they start vigorous activity. As exercising warms them up, they can take a single layer of clothing off if necessary. **Bring an extra pair of socks and/or shoes to school on physical education days.** If the dew on the field gets your child's socks damp, he/she can change into a dry pair after class.
- **Jewelry, necklaces, chains, bracelets of any kind, rings, watches, long earrings and hats** are not allowed while participating in physical education classes or recess for everyone's safety. Please leave these items at home on physical education days so that they do not get lost or broken.

PLAYGROUND SAFETY

In the beginning of the school year, the Grandview students learn about the important differences between physical education (a learning classroom) and recess (free play). Along with that concept come the safety rules, rules of the games and encouragement of fair play and sportsmanship during recess. Learning experiences include SAFETY for the playground equipment; field and blacktop plus, RULES AND PLAY for kickball; hopscotch; jumping rope; hula-hoops and box ball (4-square). Additional safety and rules of play for other games are discussed at recess as they arise. For the safety of the students at recess, students who do not wear proper footwear on school days will not be allowed to participate in running games or climb on the playground during that day's recess period. They may choose to participate in other games instead. Jewelry may be collected at recess from a student wearing it and then returned to the student after recess. Please discuss with your children the importance of following the rules of the games at recess, along with the safety rules for footwear and jewelry. Thank you for your cooperation and support! During recess, students are encouraged to let all students play and to work out problems amongst themselves. Guidelines and suggestions are given to the students, so that they may be able to incorporate the skills and vocabulary needed into their everyday recess and social experiences. **Students who are medically excused or have a note excusing them from physical education are also excused from recess for that day or for the length of the note.** This is in the best interest of the excused student's safety, along with the safety of the other students during recess. We desire to have excused students return to full participation in physical education and recess as soon as possible and we understand that sometimes it takes some time to feel better and regain full health.