

# Physical Education Newsletter

*"Encouraging ALL students in their pursuit of a healthy active lifestyle"*

J E F F R E Y C O L B U R N \* \* \* T R A C Y D E L G R O S S O

Our annual Walk To School was another success! We loved seeing how many people met us at Lowe's or the Wood School Track! Thank you to those who participated!

In this newsletter:

- Being Thankful
- Are you Active Enough?
- Word Search
- The Meaning of Thanksgiving
- Turkey Tostadas

## A Time for Sharing and Being Thankful!

The holidays are upon us and the school year is off to a great start! This is the perfect time to assess how thankful we are to be part of a wonderful school district where all teachers work hard at developing each student into their very best. We notice how students are willing to share their ideas with each other or even help another student with a difficult task, sometimes without being asked. When you are willing to take the time to help another one in need, not only does that person feel good, so do you! That makes good citizens! We are also thankful that our students come to PE ready to learn and are gaining the skills and strategies needed to be a fit and healthy person!



## Are you Active Enough?

During PE class, we informally interviewed all classes and concluded that most kids are not active enough EVERYDAY. Some kids think that PE class and recess should be enough exercise to be healthy and that they are done for the day. We need to be active for at least 60 minutes EVERYDAY!

We know the weather is colder now, but that is not an excuse to stay in! Dress warm and get some fresh air while jogging around your house or playing tag with your neighbors!

| 60 minutes or more? | yes | no |
|---------------------|-----|----|
| Monday              |     |    |
| Tuesday             |     |    |
| Wednesday           |     |    |
| Thursday            |     |    |
| Friday              |     |    |
| Saturday            |     |    |
| Sunday              |     |    |

Track your activity for one week. After each day, put an "X" in the yes or no box according to your daily activity. How did you do?

Here are some ideas for being active and having fun at the same time. Remember, you can break up the 60 minutes throughout the day!

- ◆ Gather up a group of neighborhood kids and just play!
- ◆ Ask your mom and/or dad to walk with you after school.
- ◆ Join a before or after school activity (like Active Kids = Active Minds)!
- ◆ Start the day with 5—10 minutes of exercise (think jog in place, push-ups, sit-ups, etc.) then repeat before homework and before bed. That's 30 minutes!

## Word Search

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| B | V | G | Z | M | E | Y | Y | S | U |
| U | E | V | I | T | C | A | T | H | F |
| R | Q | L | J | S | I | D | X | A | A |
| P | Y | O | U | C | E | B | I | R | M |
| E | Y | M | R | F | A | R | S | I | I |
| E | F | E | A | L | K | E | H | N | L |
| S | X | L | A | U | G | N | I | G | Y |
| S | D | N | E | I | R | F | A | A | C |
| R | C | N | G | N | I | M | L | H | C |
| P | U | S | H | U | P | S | I | N | T |

BURPEES  
EXERCISE  
PUSHUPS  
THANKFUL  
SHARING  
FAMILY  
FRIENDS  
SIXTY  
ACTIVE

### Do I need a lot of room to exercise?

**NO!** You do not need a large space at all! You can do many stationary exercises in a small space. Try Jumping Jacks, jogging in place, marching to the beat of upbeat music, knees up, heels up, double jacks, push-ups, sit-ups, crunches, downhill skiers, lunges, squats, etc, to name a few.

Make sure you ask before you start so you don't knock something off a shelf! Let us know how it goes and if you come up with any more great ideas!

## THE MEANING OF THANKSGIVING



**What is this time of year all about, anyway?** We know that around this time of year, family visits, we eat, sometimes more than we should, and we get some time off from school. Why not take advantage of this free time and really enjoy time with family and friends you do not see very often? This is the time to cherish them and make memories that will last a lifetime. You do not have to do much, maybe just a quick walk in the crisp fall air and talk about what has been going on in each of your lives. It will feel good to focus on what you DO have rather than what you DO NOT have! Happy Holidays from Mr. Colburn and Mrs. DelGrosso!

## TURKEY TOSTADAS

### INGREDIENTS:

4 8-inch whole wheat tortillas  
Cooking spray  
1 16-ounce can fat-free refried beans  
3/4 cup chunky salsa, divided  
1 1/2 cups shredded cooked turkey  
1 cup shredded Mexican Cheese  
1 cup chopped tomato  
1/2 avocado, peeled and cut into 12 slices

### PREPARATION:

Preheat oven to 425°. Spray both sides of each tortilla with cooking spray and bake on cooking sheet for about 3 minutes on each side.

Combine beans and 1/4 cup salsa in a microwave-safe bowl; cover with plastic wrap. Microwave on HIGH 4 minutes or until thoroughly heated, stirring after 2 minutes; set aside. Combine turkey and 1/2 cup salsa in a microwave-safe bowl; cover with plastic wrap. Microwave on HIGH 2 minutes or until thoroughly heated. Divide bean mixture among tortillas; top with turkey mixture. Sprinkle with cheese; top with tomato. Arrange 3 avocado slices over each tostada; ENJOY!

