

CYPRESS-FAIRBANKS INDEPENDENT SCHOOL DISTRICT ELEMENTARY P.E./HEALTH NEWSLETTER

May, 2009

Loretta Bourn – Music/P.E./Health Coordinator

Mary Torian – Helping Teacher

COORDINATOR'S CORNER

by Loretta Bourn

FOND FAREWELLS

Some of our dedicated peers chose this school year to end their teaching careers in Cy-Fair. We appreciate their years of service. They will be greatly missed!

Rebecca Anglin – Walker Elementary (retired in January)

Deena McConathy – Francone Elementary (retired in January)

Susie Hartline – A. Robison Elementary

Sue Simpson – Ault Elementary

FITNESSGRAM/FITNESS ASSESSMENT

As this newsletter is being written, teachers are busy completing the testing of students in the assessment components of *Fitnessgram* and entering the data into the *Fitnessgram* computer program. This is always an extremely busy time of year. Please consider the timing of the due dates for *Fitnessgram* as schedules are designed for the 2009 – 2010 school year. The tentative due dates for 2009 – 2010 are:

Fall – December 4, 2009

Spring – April 16, 2010



Exercise and recreation are as necessary as reading. I would rather say more necessary, because health is worth more than learning.

-Thomas Jefferson

SUMMER EVENTS/WORKSHOPS

TAHPERD 25th Annual Summer Conference

July 12-14, 2009

UTSA Recreation & Center
San Antonio, Texas

CHAMP CAMP (offered through ALDINE ISD)

Each year, ALDINE ISD offers courses for PE teachers through a program called CHAMP CAMP. Teachers from area districts may attend. The location will be in Spring ISD this year.

Date: June 15 – 18

Time: 8:00 a.m. – noon

Activities may include CATCH, ROPES, USTA Tennis, and dance.

Registration: TBA (I will send more information as I receive it.)

SOFIT

Several schools have participated in SOFIT observations this school year (2008 – 2009): Emmott, Fiest, Holmsley, Jowell, Keith, Millsap, Tipps, and Willbern.

The focus for SOFIT observations is the amount of time spent in MVPA (moderate to vigorous physical activity). The SOFIT visits often show that even with highly-active, whole-class activities, it is highly challenging to get 50% and higher MVPA for a class period. Lesson activities such as dances, ball drills, jogging/walking lend themselves to higher MVPA ratings. Even with such activities, MVPA levels higher than 50% remain difficult to attain. Some of the essential learnings gained from SOFIT are the need for a high awareness of time spent on task, time spent on teacher talk/instructions, and number of students participating at one time.

Certainly, some activities are worthy even though they may not involve all students simultaneously. Also, more teacher talk is necessary during the early stages of introducing a unit of instruction or certain skills and games. Still, in order to best meet the needs of students, physical education teachers must have a high level of awareness of how many students are active and how much time is spent on activity in their elementary physical education classrooms. **Planning for MVPA must be purposeful and intentional.**

HEALTH EXPO

The first annual Cy-Fair Community Health Expo was held on Saturday, May 16 at the Berry Center. There were a variety of events and presenters at the family-oriented event throughout the day. Some of our vendors

elementary physical education and music students performed at the event.

The focus of the Cy-Fair Health Expo was “emphasizing the significance of living a healthy lifestyle for people of all ages.”

One of the events at the Health Expo was a Bicycle Rodeo. I hope you were able to teach/review bicycle safety in the weeks prior to the Health Expo, and publicized the Bicycle Rodeo. Posters to use while talking with the students and to post in the pe room and office area were mailed to each campus physical education department. The group providing the Bicycle Rodeo reported that they were able to give away several bicycle helmets during the expo!

GRANT OPPORTUNITY

Need something and short on funds? Consider writing a grant proposal to post on www.donorschoose.org.

A district elementary music teacher received classroom instruments through this program just this school year. It seems to be a simple process that is worth a try. The information at the site suggests that projects not exceeding \$400 are more likely to be funded. Be sure to get your principal's approval before submitting a grant project. Follow district guidelines and policies.

Please remember to complete and return the p.e./health inventories sent to teachers in late March.

H.O.P.E. Purchases Resources for Check-out by Campuses

(Contact Mary Torian or Barbara Patton to arrange check-out.)



Dyna-bands; Spinjammers; Aerobic Fitness Spots; Wii Fit; Fitness Skillastics; Upper Body Fitness Mats; and more!

DANCE DANCE REVOLUTION

If you have not had the DDR system at your campus this year, please consider scheduling it for next year. It has been a big success at many campuses. Contact Mary Torian to schedule the DDR at your campus.

INVENTORY

It is the time of year when teachers are asked to complete department inventories. Forms have been emailed to teachers. Please feel free to use last year's inventory and make revisions as appropriate. Return the forms electronically (via attachment).

**Please remember to return all
music programs and CDs
before you leave in June.**