
Cypress-Fairbanks Independent School District
ELEMENTARY PE/HEALTH NEWSLETTER

November, 2009

Loretta Bourn, Elementary PE Coordinator
Coach

Mary Torian, Curriculum



**WELCOME TO OUR
NEW
PE/HEALTH TEACHERS**

Tiffany Bielamovicz – Walker
Holly Bowman – Swenke
Kendrick Broady – Hemmenway
Jonathan Campbell – Bane
Nicholas Clackley – Tipps
Carrie Ibrahim – Post
Sherri Kurtz – Bane (returning to PE)
Destiny Legare – Andre'
Lori Loria – Swenke
Mary Marsh – Francone
Stacy Miller – Ault
Rena Richardson – Farney
Kathy Risien – Hancock
Jodi Stone – A. Robison



UPCOMING WORKSHOPS

N-e-w Elem. Music & PE Teachers Session

Thurs., Dec. 10 (4:30–6:30) Course #: **15734**
Gleason Elem.

H.O.P.E. Meetings (at Owens Elem. 4:30–5:30)

- Winter Conference Wed., Jan. 20, 2010
- TBA Wed., Feb. 17, 2010
- Election of New Officers; *Fitnessgram* Wed., Apr. 21, 2010

TAHPERD Winter Conference

December 2 – 5, 2009
Arlington, TX

SPARK:
***The Revolutionary New Science
of Exercise and the Brain***

Our First Book Study!
10 participants needed!

Come and explore the interesting and very relevant research of Dr. John Ratey. Read about the research that supports the fact that exercise actually sparks brain-cell growth and transforms our brains for peak physical performance. According to Dr. Ratey in *SPARK*, exercise can also prove to be one of the best defenses for everything from ADHD to Alzheimer's.

Come join your colleagues and Mary Torian in a relaxed atmosphere as we read and discuss the implications of this interesting research. See how what you do in the gym can have a huge impact on your students' academic and behavioral performance. By the end of the book study, we will work together to develop a plan to increase your activity level and your students' activity levels to optimize brain potential!

Meeting #1 – Tues., January 19, 2010 (5:30–6:00) at Owens following the H.O.P.E. meeting. Mary Torian will pass out books and timelines as well as give parameters for the first reading assignment (chapters 1–2).

Meeting #2 – Tues., January 26, 2010 (4:30–5:30) at Panera Bread (FM 1960 W and Eldridge area). We will discuss chapters 1–2. We will split up chapters 3–9 for reading and discussion. There will be a template for recording key points and discussion items.

Meeting #3 – Tues., Feb. 2, 2010 (4:30–6:30) at Panera Bread. We will discuss chapters 3–9. Everyone will read the final chapter and come up with a plan for improvement—for yourself or for your students.

► **Total Credit — 6 hours!** ◀

FITNESSGRAM TESTING 2009

We hope the FALL pre- testing is going well!

Here are a few reminders:

Grades 2-5

► **Testing Due Date – Friday, December 4, 2009** ◀

Test requirements:

- ~ Mile run or pacer
- ~ Shoulder stretch
- ~ Push-ups
- ~ Curl-ups
- ~ Trunk lift
- ~ Height/Weight (BMI)

K-1

Begin practicing the testing protocols, but nothing is to be turned in for the fall semester!

H.O.P.E. FUN RUN

Each teacher who helped promote the Fun Run and/or served as a volunteer is due a big “Thank You!” Your efforts were rewarded with the completion of a successful event (Number 18!). Here are three hard-working volunteers: Missy McKay (Wilson); Kendrick Broady (Hemmenway); and Bridget Horton (A. Robison).



CURRICULUM CONNECTIONS

CFISD pe teachers are making curriculum connections on a regular basis. I recently heard from a principal regarding the wonderful science connections she witnessed during a physical education observation.

It is my belief that content connections occur on a regular basis in pe; however, I want to get the word out to others.

To do so effectively, I need to ask that you send me specifics on content connections that you make in pe. You can send specific activities, warm-up ideas, brief descriptions, or invite me to come observe!

Kindly follow-through by responding to this request. I would like to share what pe teachers do to promote curriculum connections.

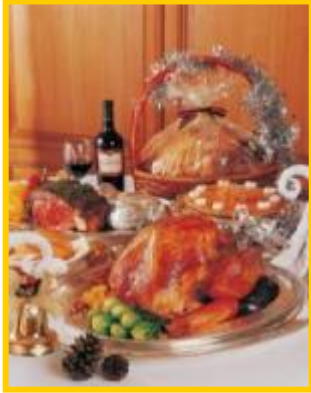
Physical education and health are valuable in and of themselves. Moreover, you, as pe teachers, are innovative and creative in making content connections.

Please, allow me to spread the good word!

RESOURCES

Recently, teachers received calendars to use with students and staff.

Calendars can be accessed monthly at:
<http://www.aahperd.org/naspe/publications/teachingTools/toolbox/>



This Year, Make Holiday Meals a Rainbow of Color

by Carolyn R. Skelton
MS, RD, LD, ACSM HFI
RD Nutrition Coach,
Healthy Schools Partnership

As I ski through my first semester with the children of the Kansas City Missouri School District, one key

message we are teaching is to choose a variety of colors with foods from each of the basic food groups. This holiday season, strive to be creative with entrées, side dishes, and beverages. Bring color to the table with nutrient-rich foods that are both good for the body and tasty.

When coaching our kids, we talk about power pick foods. A power pick food is a food high in nutrients and low in fat and added sugar. Think of two foods associated with each color of the rainbow. Go to the internet and search for healthy recipes containing these foods.

For example:

Red: Try a cranberry apple sauce, strawberry Jell-O or a non-alcoholic pomegranate margarita. Mom always makes her strawberry Jell-O for holiday meals. We crave this dish year after year.

Orange: Pumpkin and sweet potatoes are great examples of orange foods. Make moist, low-fat, nutrient-dense chocolate [cup]cakes by mixing a box of devils food cake with 1 (15 oz.) can of pure pumpkin. This works for brownie cup cakes, too, and helps with portion control.

[Recipe compliments of <http://www.hungry-girl.com/week/weeklydetails.php?isid=614>
And other options are at <http://www.hungry-girl.com/askhg/askhgdetails.php?isid=1408#cake>]

Yellow: Try some flavorful spaghetti squash and corn. Lightly sautéed spaghetti squash with pepper and garlic is great for a side dish. Jalapeño corn muffins are delicious and can be a nice change from white dinner rolls.

Green: Power picks would be broccoli and spinach. How about a cheesy, broccoli casserole using broccoli, brown rice, onions, and cheese? A nice spinach salad is always a fresh way to start

your meal.



Purple: Make some purple cabbage slaw with a vinaigrette dressing, raisins, and sunflower seeds or roasted eggplant with fresh garlic, oregano and canola oil.

Brown and White: Turkey is traditionally brown and white. It is nutrient-dense, low in fat, and rich in protein. Beans are an excellent low-fat choice for protein, fiber, vitamins, and minerals. A three-bean salad is a quick and easy dish to whip up. Make mashed potatoes using low-fat yogurt and Smart Balance in place of sour cream and butter. Jicama makes for a healthy appetizer, especially when dipped in holiday hummus made with chopped green parsley.

Exercising with family members helps burn and digest holiday calories. So remember to get out and walk with family before or after your holiday meal. Check out local Thanksgiving or Jingle Bell 5K run/walks. Whatever your holiday meal choices may be, have a nutritious and active plan. Adding color to holiday meals can be fun, appetizing, and very healthy! So taste a rainbow this Holiday Season.

Source:

<http://www.pe4life.org/secure/downloads/files/Holiday%20New%20letter2009.pdf>

TECHNOLOGY CORNER

Find “Match-a-Bone” game at:

<http://www.anatomyarcade.com/games/matching/Games/MatchABone/matchABone.html>

Although we want students involved in moderate-to-vigorous physical activity (MVPA) the majority of the time, there may be opportunities for use of this Internet-based activity at the beginning or end of a class period. Another possibility—use the activity during one of the opportunities that arises when LG teachers are asked to combine. Since “Match-a-Bone” is accessed through the Internet, a teacher must lead and guide the activity.

The activity presents teaching/learning opportunities when a “box” is selected and the term or bone is pointed out on the skeleton shown on the left side of the screen.