

Grandview School

Physical Education and Health News

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

"BARNYARD BLAST!"

Grandview School will celebrate its annual Field Day on Friday, June 2nd with a rain date of Tuesday, June 6th. This year's theme is "Barnyard Blast!" wherein students in grades 1-3 will be participating in physical activities related to various farm themes! Field Day will be held at Grandview School during the times listed below. ***Come on out and see us!!!***

We are also looking for many volunteers to help out as facilitators during Field Day.

Please contact your NCPE officers for information on how to help and be a part of the day!

NOTE: The times below reflect the starting and ending times for the volunteers. Field Day activities will begin 20-30 minutes after the time listed.

First Grade: 8:30 A.M. - 10:30 A.M. Second Grade: 10:25 A.M. - 12:25 P.M. Third Grade: 1:10 P.M. - 3:05 P.M.

Students are encouraged to wear the color of the group they are assigned to for the day albeit comfortable and appropriate for the weather to allow mobility when exercising...and of course, sneakers. No slip-ons without backs, boots, sandals, flip-flops, crocs, open-toe shoes, twirling shoes, Heely skate shoes, wedge sneakers, Converse extra-hi-top boots, sneakers with exposed springs or strap shoes, please. The students will be told their group shortly before Field Day. Finally, students may wear a bathing suit and bring a towel if they would like to participate in some of the events that include water.

Thanks for your flexibility with our no jeans policy during gymnastics! We appreciate your efforts in the name of safety!

*****MARK THIS DATE ON YOUR CALENDAR*****

Friday, May 5th → Grandview School's

16th Project ACES (All Children Exercise Simultaneously) Program entitled NFL Play 60 Challenge

9:45 A.M. - 11:00 A.M. [*Rain Date: Wednesday, 5/17*]

Students will be celebrating National Physical Fitness and Sport Month.

ADVENTURE EDUCATION – Recently, Grandview students participated in the Spider's Web challenge. Adventure Education is a component of the physical education and health curriculum that challenges students to learn how to cooperate, problem-solve and devise strategies to gain success in various games and activities. At the high school level, you may have heard of Project Adventure courses being designed and utilized for students. At the elementary level, many different low-level games and activities can be created and students can participate in small groups or full class challenges to enhance their teamwork and social-decision making skills. Physical education enthusiasts are happy to include these classes in their lessons as students also get a chance to develop their fitness as well as coordination, balance and agility.

HEALTH LESSON UPDATE: *Be Safe!*

Coming soon, first, second and third graders will be participating in a health lesson to help give the children of North Caldwell strategies for stranger safety! The lessons are entitled "Be Safe!" and are developmentally appropriate for each grade. The North Caldwell Police Department and the North Caldwell Public Schools have worked together to support these strategies to ensure that your children have important knowledge and skills to be safe around strangers. The students can develop confidence, strategies and safe decision-making skills through this health lesson as a part of the year-long health curriculum.

Are you safe on the road?: Remember to be safe on the road when jogging, running, walking or biking. Wearing light-colored and reflective clothing while following traffic laws in New Jersey can help keep you safe from drivers. Walkers, Joggers and Runners should always be traveling facing traffic and whenever possible on a sidewalk while bikers should be traveling the same direction as drivers. Remember to wear a helmet when biking, skateboarding, roller skating (including Heelys) or using a scooter. **PLAY 60!!!**

P.E. CHALK TALK

HAVE A PHYSICALLY ACTIVE AND HEALTHY SUMMER AND SEE YOU IN SEPTEMBER!!!

Yours in Physical Education and Health, James R. Whitney