

Grandview School

Physical Education and Health News

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

"PHYSICAL EDUCATION BUILDS A STRONG NATION!"

Grandview School will celebrate its annual Field Day on Friday, June 1st with a rain date of Tuesday, June 5th. This year's theme is "Physical Education Builds A Strong Nation!" wherein students in grades 1-3 will be participating in physical activities related to some of the fifty states in celebration of the United States of America, Flag Day and Independence Day! 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 NCE 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 some form of patriotic attire (red, white and blue) 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.

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*****

Wednesday, May 2nd → Grandview School's

17th Project ACES (All Children Exercise Simultaneously) Program entitled NFL Play 60 Challenge

9:45 A.M. - 11:00 A.M.

[Rain Date: Friday, 5/4]

Students will be celebrating National Physical Fitness and Sport Month. Students are asked to wear Grandview colors.

Project ACES is a student-led and student-driven event. No parents/guests, please.

UPDATE: Students in grades 1-3 are currently completing their spring fitness challenges in five areas of assessment: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition. The assessments are a part of the FITNESSGRAM test in partnership with the NFL Play 60 movement. Students receive a certificate for completing the spring fitness challenges highlighting the various activities completed for health-related fitness. **I am happy to speak with you regarding how your child performed on the challenges. Please feel free to contact me.** Congratulations to all students for trying their best and I encourage everyone to play 60 minutes a day!

In Case of an Emergency

In case of an emergency, does your family have a home escape plan? Have you discussed it with everyone in your home? In addition, have you practiced your home escape plan night and day, twice a year? If you answered "yes" to these questions, thank you for being prepared and safe. If not, would you consider implementing the above suggestions?

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