



# Elementary Physical Education

## Winter Newsletter



### Physical Education Teachers

**Andrew Capone K-3**  
**Kristilyn Breault K-5**  
**Caleb Sutliff 4-5**

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Did you know that February is national Heart Health Month? Heart disease is the leading cause of death for men and women in the United States. This month in P.E. students will be learning about heart health and participate in many different fitness activities including jump rope, dance, tumbling and fitness stations.

During this special month, please help show your child the importance of a healthy heart and participate in fun activities outside of school that raise your heart rate.

There are many benefits to being active and we encourage you to work with your children outside of school to ensure they get enough physical activity each week. The recommended time is 60 minutes a day.

Along with being physically active, children should also have good nutrition habits. Please help your child by providing healthy/nutritious meals and snacks during the day and at home.

#### Reminders:

National Wear Red Day Friday 2/1

Mid-Winter Recess  
2/18-2/22



### Please Note

- All students need to wear sneakers and appropriate PE attire on Physical Education Days.
- Communicate with the school nurse, classroom teacher and PE staff if your

child has a specific medical condition or changing medical need.

- Do not hesitate to contact the PE staff via e mail or phone, should you have any questions or con-

cerns.

- Visit this website to find our more on Heart Health

<http://american.heart.org/kidsheartchallenge/for-parents/tips-to-be-physically-active.html>

## Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell



**Caption describing picture or graphic.**

your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.

## Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed inter-

nally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

**“To catch the reader's attention, place an interesting sentence or quote from the story here.”**

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

## Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thou-

sands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



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## Business Name

Primary Business Address  
Address Line 2  
Address Line 3  
Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

## Business Tagline or Motto

We're on the Web!  
example.com



## Organization

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a

listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a

regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.