

BULLDOG NEWS



Jan/Feb. 2021

UPCOMING EVENTS & DATES

INSIDE



Fitness Challenge

2-3

PBS UPDATE

Our words/phrases for the month of January:

- Responsibility
- Safety
- Stay in Your Seat
- Follow Instructions

January-

- 14th- Family Library Night
- 18th- No School (Teacher In-Service)

February-

- 1st-5th- School Counselor Week
- 11th- Family Library Night
- 15th- No School (Presidents' Day)
- 15th-19th- School Board Appreciation Week

FITNESS CHALLENGE

Please see the next two pages for information on our Fitness Challenge!

GENERAL INFORMATION

For the month of February:

- Watch and Learn
- Unique
- Creative
- Curious

Thank you in advance for reviewing these expectations with your children at home. We appreciate you!

- Please call the school by 8:45, if you child will not be attending school for the day.
- Classroom teachers will send information about classroom Valentine's Day Party Needs

KINDERGARTEN ENROLLMENT

We will soon begin planning for the 2021-2022 school year. Please continually check our school district website cjr1.org for Kindergarten Enrollment information.



Physical Activity Log



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Minutes
	1/11	1/12	1/13	1/14	1/15	1/16	
1/17	1/18	1/19	1/20	1/21	1/22	1/23	
1/24	1/25	1/26	1/27	1/28	1/29	1/30	
1/31	2/1	2/2	2/3	2/4	2/5	2/6	
2/7	2/8	2/9	2/10	2/11	2/12	2/13	

GOAL: 20 Minutes Each Day (outside of school time)
680 Minutes Total

Name:

Total Minutes:

Teacher:

Grade:

Physical Activity Challenge

Regular physical activity can help children develop strong muscles and bones, combat childhood anxiety, decrease chances of heart conditions, and boost overall joy. To help encourage regular physical activity for our Kindergarten and First Grade students, we are starting our second annual Physical Activity Challenge.

The Physical Activity Challenge will be divided into three sessions (4-6 weeks long) and will include incentives for achievement of goals. The goals will focus on students getting 20 minutes of physical activity each day, outside of school time.

Our second session will run from January 11th through February 13th. Students who log 20 minutes of physical activity each day (outside of school time) will receive shoe lace charms.

We look forward to seeing the impact physical activity has on our students and families. Thank you for considering participation in our Physical Activity Challenge!

Please use the table on the other side of this sheet to record your child's physical activity minutes each day. The form is due on Monday, January 4th. A new form will be sent home that same day.

Stay tuned for updates!