

BULLDOG NEWS



Dec. 2019

INSIDE



Fitness Challenge

2-3

COLD WEATHER

It's the time of year where we ask students to bring jackets or coats to school. Students must wear the proper gear to participate in recess.

Thank you for your help in keeping our students safe and warm!

PBS UPDATE

Our words/phrases for the month of December:

- Clean up after yourself
- Report problems
- Give to others

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

UPCOMING EVENTS & DATES

December-

10th- *K-1 Visit to Route 66 Theater for Polar Express Christmas STEM activities

12th- K-1 Pics with Santa

12th- Family Library Night/Half Price Book Fair

17th- Preschool Christmas Program

20th- 10:00- Christmas Assemblies- parties to follow
11:30- Dismissal

*- Due to limited space at the theater, visitors will not be able to join us at the Route 66 Theater.

January-

6th- Students return to school

9th- School Resource Officer Appreciation Day

10th- Grade cards go home

20th- No school for students (Teacher In-Service)

GIVE TO OTHERS

For our December "Give to Others" campaign, our K-1 students will make cards to give residents at Carl Junction Residential Care and Wildwood Senior Living. We hope this will spread joy to those in our community!

FITNESS CHALLENGE

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

GENERAL INFORMATION

- Please call the school by 8:45, if your child will not be attending school for the day.
- Check out our lost-and-found area if your child has misplaced coats, hats, or gloves at school.

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 first 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 first session will run from December 2nd through January 4th. Students who log 20 minutes of physical activity each day (outside of school time) will receive shoe lace charms and will have their names put in a drawing, which will occur before Spring Break, for a trampoline. The three students from each grade who log the most physical activity minutes will receive three entries into the drawing and will appear in our Fitness Hall of Fame.

Our second session will run from January 6 through February 8th. Our third session will run from February 10th through March 6th.

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 6th. A new form will be sent home that same day.

Stay tuned for updates!



Physical Activity Log



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

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

Name:

Total Minutes:

Teacher:

Grade: