

**Find all of the  
latest P.E.  
Information  
HERE !!**

Please have your child wear  
**SNEAKERS** and **DRESS WARM** on  
their P.E. days!!



## **DID YOU KNOW?**

What's the best drink to  
quench a thirst?  
**WATER!!**

Even better, it has none of the sugar, found in fruit drinks, soft drinks, sports drinks and flavored mineral waters, which can cause tooth decay.

Fruit juice, which contains Vitamin C, is often seen as a healthy choice of drink. However, fruit juice is high in sugar and calories just like fruit drinks, flavored mineral water, energy drinks and soft drinks. For example, a 250ml cup of apple juice or cola contains up to six teaspoons of sugar.

Add it up: The NYC Health Department says drinking one soda a day equals **50** pounds of sugar a year, which can lead to problems like obesity, diabetes and heart disease.

How much water to drink?

The recommended daily amount of fluids is:

5 glasses for 5 to 8 year olds

7 glasses for 9 to 12 year olds

8 to 10 glasses for 13+ year olds

**CHOOSE WATER AS A  
DRINK!!**



# Physical Education

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## What's Happening in P.E.?

During the month of February, grades K-2 will begin their Parachute unit! Parachute games encourage cooperative play and reinforce turn-taking and sharing. The games are a lot of fun for both the scholars and me. The games allow us to share learning experiences together.



During the month of February, grades 3-5 will begin their Fitness Game unit! We know scholars need to learn about health and fitness. These games will encourage our scholars to get off the computer, let go of the remote control and get into movement! The games are divided into three categories: healthy lifestyles, nutrition and games that encourage activity.



## Happy Valentine's Day!

Valentine's Day is coming up and often the focus is on sweets. However, in P.E. during the warm-up activities, scholars will play games which do not focus on sweets but working together and learning how to be better friends with one another. It's a fun way to celebrate this special day!



## Family and Physical Education

Cooking with your kids can do more than just feed the family! It's easy to stir up some fun while teaching your kids science, math, culture and healthy eating habits. Just check out the websites below for kid-friendly recipes and cooking tips and get your kids in the kitchen!

<http://www.fruitsandveggiesmorematters.org>

<http://www.dole.com>



## **DRESS WARM!!**

During the winter months, P.E. will continue to be held outside. Please **DRESS WARM** and remember your **SNEAKERS!!**

