

# Recess Update!

At least 30 minutes of play everyday



**Recess Star  
Of the Month  
Jeniah May**



**Star  
Community  
Partner**

**“Foodlink”**

Alyssa  
VanValkenburg  
and staff,  
Thank you for  
coordinating our  
Cooking Matters for  
Kids course.

1

## PARENTS

Encourage and support  
active & healthy lifestyles at  
home.

2

## TEACHERS

Lead students in various  
Recess activities every  
day for 30 minutes.

3

## COMMUNITY ALLIES

Use skills & abilities to  
inspire students to be  
healthy leaders of their  
own communities!

**I think recess is great because the teachers are letting the students have fun. I think the recess teachers are fair. I am always good and quiet so that I can have fun in recess.**

**Ronasia Bryant 6<sup>th</sup> grade**





# RECESS

Dress for the weather



Some recess will be held outdoors during the winter. Please remember to dress appropriately. Wear your boots, snow pants, jackets, hats, gloves and mittens.

To our Recess Coach Mr. Shawn



## Recess Rules

**1. Respect The Game**

**2. Play Hard**

**3. Have Fun**

TEACHERS , just a reminder, your monthly activity logs are to be done electronically . Please track activity for one week and submit your log for the month of December on December 23<sup>rd</sup>.

1) Every teacher who submits his or her Activity Logs on time is eligible for a **gift card valued at \$100** that may be used for any classroom materials or equipment.

--also--

2) The grade with the highest percentage of on-time, completed Activity Logs will be eligible for a **field trip** for that grade. Possible field trips include canoeing, bowling, ski lessons, ropes course (at MCC), rock climbing, orienteering, Strong National Museum of Play, and any sporting event.

# Upcoming Events

**December 23<sup>rd</sup>** Staff vs Students Basketball Game

Beginning in January **Open Gym** will held on **Mondays, Wednesdays and Fridays**, 8am -9am

**January 4<sup>th</sup>** Walking Wednesday, 8:30am

Basketball Tryouts coming soon, stayed tuned

**February 16<sup>th</sup>** Black History Month Celebration

**April 28<sup>th</sup>** All Pro Dads and Mighty Moms Dance



Thank to our 6<sup>th</sup> graders and RASA for assisting with our outdoor walking path.



Thank to our community volunteers for preparing our school garden for the winter.



## Fun Fact Friday

**December 9<sup>th</sup>:** Do you know our body is made up of 83% water? Water is important to our health and you should drink 5 glasses of water a day.

**December 16<sup>th</sup>:** Do you know that your body needs 60 minutes of active exercise a day? It has been proven through research that students that receive 60 minutes of active exercise daily receive better grades than students that don't exercise daily.

**December 23<sup>rd</sup>:** Do you know that the heart does more physical work than any other muscle in the body? That is why it is important for us to take care of our heart by eating right and exercise daily.

For more information visit [www.healthkids.org](http://www.healthkids.org)

**Thank you for supporting Recess!**

**Recess Team:** Room 122E ext. 1225

**Coaches:** Shawn Anderson & Shurena Wall

**Program Coordinator:** Jackquelyn Snowden Brown

