

Let's Go For A Run...
News from Physical Education Class

Parents, please be aware that children must have tennis shoes/sneakers for P.E. class. This is a safety issue. Hiking boots, Crocs, etc. are not designed to support a child's foot and ankles for physical activity such as quick starts and stops. When a child does not have "gym shoes" on for class they must sit out. Again, this is a safety issue only. As the winter months approach, with the same logic as mentioned above, children may not wear boots, hiking boots, etc. for P.E. class. Please remember that children may keep a pair of tennis shoes in their locker at school so that they are always prepared.

The fundraiser this year was a great success and a welcome message for physical activity for children. Without childhood obesity and Type 1 and Type 2 diabetes on the rise nation wide in children, it is more important than ever to keep kids physically active. Any activity you can participate in at home with your child is reinforcing a habit for a lifetime. Please stay physically active with your child. There is ever increasing statistical data supporting the belief that children who are more physically active are more successful in school, have less stress and anxiety in their lives, have fewer health issues as they age, and have greater self-esteem than those kids who are less active. Keep your child moving!!!

At the beginning of the school year, we spend a great deal of time and activities centered around gross motor movements. While this still may be a time where children are experimenting with their dominant hand, please do not try to force the issue one way or another. A child who may display some left hand dominant motions and then is forced to make the transition to right handed usually has all kinds of issues later. The same is true for the opposite occasion. When the brain is "forced" to use the non-dominant side, the body processes things differently. While this can be trained, it usually makes for much confusion in the child. Often times this translates to children having difficulty holding their pencil properly, writing difficulties, and using scissors properly. Fine motor skills will be much delayed. So please make sure to let your child figure out their own dominant hand in their own time.

Regarding health issues for your child, please make sure you send a note to school if you desire your child's activity be limited on a given day. Sometimes children are recovering from an illness or injury and are well enough to be at school. However, you don't want them physically active for one reason or another. Please send a note with your child to give to Ms. Martin so she knows what the child may or may not do. Using phrases such as, "Johnny should be careful today" does not help. Please be specific. Thank you for your help on this. If you have any questions please email Ms. Martin at nmartin@portageps.org.

Please remember as the cold and flu season approach, the more physically active children are the less likely they are to catch the common bugs out there. Physically fit kids tend to

be more immune to the junk in the air. Thank you for all that you do for our school and for your child's physical fitness!!