

# SPN PHYSICAL EDUCATION

Created and Published by the Stony Point North Physical Education Department

## Stony Point North Places Second in KCK's "Are You Faster Than a 5<sup>th</sup> Grader?"

On Friday, April 25<sup>th</sup>, Stony Point North fifth graders participated in the third annual "Are You Faster Than a 5<sup>th</sup> Grader?" competition.



This event consists of 15 fifth graders from each of the 30 elementary schools in the KCK school district running in a two mile run with Dr. Cynthia Lane, Superintendent of schools for the Kansas City, Kansas Public School district.

Out of the 30 elementary schools and over 450 student runners, the Stony Point North team of runners finished in Second Place!

This year a new running course was created for the Two Mile Run starting at Schlitterbahn Water Park

SPN had 3 runners finish in the Top 15 in the entire KCK district. Kyun Jackson finished in 9<sup>th</sup> place, Alfredo Martinez-Arambula finished in 13<sup>th</sup>, and Eric Costilla-Salazar in 14<sup>th</sup> place.

and then running through the streets of Kansas City, KS, into the Legends area, and then finishing at Sporting Park stadium, home of the Sporting Kansas City soccer team.

In the three years the KCK district has had the "Are You Faster Than a 5<sup>th</sup> grader?" race; Stony Point North has never finished lower than Second Place!!

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### Special Interest

#### Articles:

- *SPN Finishes 2nd in "Are You Faster Than a 5<sup>th</sup> Grader?"*
- *Students Participate in "NFL Play 60 Healthy Eating" Activities*
- *The importance of "Healthy Eating"*

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## Third Graders Compete in "Kansas Kids Fitness Day"

The third graders from Stony Point North participated at Washington High School stadium as part of the "Kansas Kids Fitness Day" on Thursday, May 1<sup>st</sup>.

This activity is a statewide event held throughout Kansas that focuses on the fun and healthy benefits of physical activities.

There were over 1,000



students competing in fun, non-competitive "field day type" activities which included a parachute activity, the

Hippity-hop relay, bucket stacking races, soccer goal kicking, a nutrition relay, plus many other fun activities for students.

### Students Participate in “Taste Testing” Activities for NFL Play 60 Program

Stony Point North students have been learning about the importance of “Healthy Eating” during PE classes and also through special school-wide activities as part of our “NFL Play 60” program.

On April 22<sup>nd</sup>, we had our first “Taste Testing” activity for all students. With the help of Gwen Childs of the KCK Nutritional Services department, we had four vendors come to SPN to provide healthy, nutritious snacks and healthy nutrition information for our students.

Lisa Farmer, the director of Farm to School for “KC Healthy Kids”, Michael Sfreddo, from Domino’s

Pizza, and representatives from Hiland Dairy, and US Foods, all took part in distributing healthy snacks to all the students in our school.

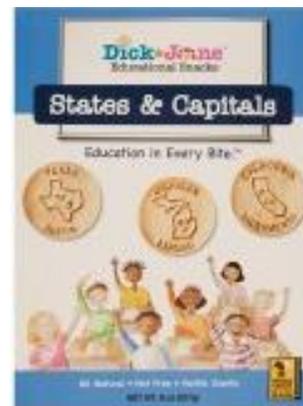
Dr. Nozella Brown and Ms. Chrishonda Brown from the Kansas State Extension Office provided

important nutrition information to our students to assist them in developing “Healthy Eating” habits.

Food items for this “Taste Testing” activity included “Smart Slice” pizza from Domino’s Pizza, “Yo Phoria Fruit and Yogurt Smoothie” drink from



Hiland Dairy, “Smart Educational Snacks” from US Foods, and carrots and bean dip from “KC Healthy Kids”.



### Fifth Graders Take Part in Alvin Ailey Dance Workshop

On Wednesday, April 30<sup>th</sup>, Stony Point North fifth graders participated in a special Alvin Ailey Dance Workshop.

Under the direction of Mr.

Michael Joy, all fifth graders participated in a fun, structured, hour long activity where they were introduced to the basic important elements of dance.

The fifth graders were challenged by Mr. Joy’s instruction in basic choreographic movements

consisting of warm-ups, stretches, and mental alertness activities.

Students learned how improved listening skills allowed them to increase their ability to follow directions in performing basic movement activities. Mr. Joy’s guided instruction stressed focus,

sequencing several dance movements in a basic routine to music, always putting forth a 100% effort, developing skills to increase mental alertness, and how students can relate their present physical activities to developing successful life skills.



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**Students Receive Awards in Special “Darrell Stuckey Literacy Contests”**

Former Stony Point North student and current NFL football player, Darrell Stuckey of the San Diego Chargers, visited SPN on March 12<sup>th</sup>. Darrell received a surprise “Homecoming” assembly, spoke to all students at the assembly, and then visited all classrooms where he presented every student with a book that he personally donated.

As a part of his visit to the classrooms Darrell also spoke to the students about three different literacy contests that he and “Athletes for Charity” had set up for our students.

Students in Kindergarten and First Grade entered a “Cat in the Hat Drawing Contest”. After reading the book that Darrell had presented them, students drew a picture or wrote about the importance of staying healthy.

Second and third grade students participated in an “Anti-Bullying Drawing Contest. During our assembly in March, Darrell had spoken to our students about anti-bullying and strategies to stop bullying from occurring in school and away from school.

In the “Anti-Bullying” contest students drew a picture of themselves, and Darrell Stuckey and the “Super Hero” from the book that they received from Darrell. The picture they drew was to demonstrate ways to stop bullying without being physical.

The fourth and fifth grades contest consisted of an “Essay Contest” with the students writing about themselves and about the book that they had received from Darrell.

Since Darrell was in San Diego for football workouts with the Chargers, he was not able to visit again to present the awards to the prize winners. However, Darrell’s mom, Ms. Michelle Foulks, came to SPN on Wednesday, May 7<sup>th</sup> to present the awards to the students.

Awards were presented from First through Fifth place for each grade level and the prizes consisted of: autographed footballs from Darrell Stuckey, autographed team photos and football cards, an NFL draw string bag, additional books of either “Captain America” or a “Dr. Seuss the Cat in the Hat” book, special San Diego Chargers stickers and items, “Franklin Electronics Learner Spellers”, and Crayola gift packs.

All students were very appreciative for the generosity of Darrell Stuckey and “Athletes for Charity” for the books and awards and also for Darrell’s mom, Ms. Michelle Foulks to visit our school to present the awards.



**First Place Winners: Front row: Derek Ponce Gonzalez, 2<sup>nd</sup> Grade; Alexia Martinez Arambula, 3<sup>rd</sup> Grade; Alora Engbroten, Kindergarten; and Alex Ruis, 1<sup>st</sup> Grade.**  
**Back row: Dante Vaughan, 4<sup>th</sup> Grade; Ms. Michelle Foulks; and Kyun Jackson, 5<sup>th</sup> Grade.**



**First Place through 5<sup>th</sup> Place contest winners. Back row: Mrs. Jane Martin and Ms. Michelle Foulks**

## **Additional NFL Play 60 “Taste Testing” Activities Assist Students in Developing “Healthy Eating” Habits**

To further stress to our students the importance of “Healthy Eating”, three additional “Taste Test” activities were held for our students this spring.

Our second “Taste Test” activity was held on May 2<sup>nd</sup> during PE classes. Under the direction of Ms. Lisa Farmer, the director of Farm to School Academy for “KC Healthy Kids and assisted by Mr. Tom Desmond, from General Mills, students learned more about how we receive our local foods from local farms.

Students then learned how to create a “Yogurt Parfait” consisting of greek yogurt, fresh fruit, and rice chex.

A third “Taste Test” activity involved teaching students how to make “healthy snacks”. On Wednesday, May 14<sup>th</sup>, all students were involved in learning how to make nutritious snacks with celery, creamy cheese, raisins, and dark chocolate chips. A second “healthy snack” at this “Taste Test” was apple slices and vanilla yogurt.

The fourth and final “Taste Test” activity was held on Friday, May 16<sup>th</sup>, at the conclusion of Field Day. Once again, with the help of Ms. Lisa Farmer, from “KC Healthy Kids”, students were able to try a variety of dairy products with different flavors of milk. Studies have shown that chocolate milk refuels muscles after workouts.



**“Are You Faster Than a 5<sup>th</sup> Grader?” April 25th**



**“Kansas Kids Fitness Day” April 22nd**



“NFL Fuel Up to Play 60 Taste Test Activity” April 22nd



## Kindergarten, First, and Second Graders Participate in a “Race Across the Playground”

Recently a new “NFL Play 60” activity was started for our students in Kindergarten, First and Second grade called “Race Across the Playground”.

This special activity promotes physical activity to our students in our lower grades. Educational studies have shown that there is a direct correlation between increased physical activity of students and an improvement in academic performance and improved behavior.

During a special “Activity Period” students were able to go outside and track their walking and running on a designated lap on the playground. Teachers have been recording the number of individual laps walked or ran by each student and also the total laps of each class.

Students are then eligible to receive special awards for their progress consisting of a color beaded chain and then tokens for the chain for every 25 laps walked. Students can wear their chain and tokens through the shoelaces or place on the zipper of their back pack.



## “Got Milk?” First Graders Hold “Milk Moustache Contest”

First grade students recently discussed “Healthy Eating” from the 5 Basic Food groups. They focused on the importance of dairy products in their daily meals and learned about different flavors of low fat milk to add to all their meals. After trying the milk the students then held a “Milk Moustache” contest.



**Stony Point North Field Day May 16th**



**Stony Point North Field Day May 16th**



## Stony Point North Places Second in KCK’s “Are You Faster Than a 5<sup>th</sup> Grader?”

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Representing the Stony Point North Two Mile Run team were: Kyun Jackson, Alfredo Martinez-Arambula, Sean Gibson, Jalen Spencer, Taveon Brooks, Erick Costilla-Salazar, Jesus Vasquez, Nathan Sweet, Samantha Calderon, Alicia Hernandez, Brandon Sanders, Haily Cannon, Julian Bey, Jacob Stacy, and Laron Matthews. Alternate runners who also prepared for this race were: Antonio Cobbs, Steven Adams, and Nevaeh Mugala.

In addition to the Two Mile Run, students also competed in the “Academic Challenge Relay”. This is a special relay race which involves the students answering academic questions and then running in a shuttle relay event.

The “Academic Challenge Relay” team consisted of: Alyson Moreno, Marlon Rosales-Garcia, Haley Lynch, and Emilio Galdamez.



Finishing in the “TOP 15” in the entire district in the Two Mile Run and receiving medals were Eric Costilla-Salazar in 14th place, in 13th place was Alfredo Martinez-Arambula and the 9th faster runner in the entire KCK district was Kyun Jackson.

In the first year of competition in 2012 SPN finished in Second Place, in 2013, SPN finished in First Place, and this year’s team finished in Second Place.

This is a great example of how hard work pays off.....especially when you “Practice, Practice, Practice!!!”

Congratulations to all our 5<sup>th</sup> graders for their outstanding efforts.



9th Place Kyun Jackson



13th Place Alfredo Martinez-Arambula



14th Place Eric Costilla-Salazar