

SPN PHYSICAL EDUCATION

April 23, 2015 Vol. 2 No. 2

NEWSLETTER

Created and Published by the Stony Point North Physical Education Department

Darrell Stuckey Returns to Visit Stony Point North

On Friday, April 10th, former Stony Point North student and current NFL Football player, Darrell Stuckey visited Stony Point North.

This was Darrell's second visit to SPN in the past two years. Darrell was a student at SPN from 1992 through 1998 for Kindergarten through 5th grade. Darrell is currently a member of the San Diego Chargers in the National Football League.

For the past several years Darrell has been selected as one of the team captains for the Chargers. This past season Darrell was chosen to the "NFL



Pro Bowl" which is the National Football League All-Star game which recognizes the top players in the NFL.

During an all-school assembly, Darrell spoke to the students of Stony Point

North about the "NFL Play 60" program emphasizing the benefits of being physically active for at least 60 minutes every day and healthy eating and also spoke about goal setting.

(More Pictures on Page 3)

4th and 5th Grade Students Visit Kansas City Chiefs Sports Lab

Fourth and fifth graders from SPN visited the Kansas City Chiefs Sports Lab at Arrowhead Stadium on Monday, March 9th.

While visiting the "Chiefs Sports Lab", students were involved in many interactive actives where they learned that students with healthier lifestyle habits can perform better academically. Students were involved in many activities that focused on proper daily nutrition and being physically active every day for at least 60 minutes.

The wide variety of activities assisted students in learn-



ing about the importance of making the right nutritional choices, learning about the body system, and how daily exercise benefits the body. After visiting the

"Chiefs Sports Lab", students also received a tour of Arrowhead stadium, the Chiefs locker room, and were also able to walk on the sideline of the Chiefs football field.

(More Pictures on Pages 3)



Special Interest

Articles:

- Darrell Stuckey Visits Stony Point North
- 4th and 5th Graders Visit Chiefs Sports Lab
- KC Wolf Assembly
- "Healthy Eating" and "Taste Test" Activity

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SPN's "NFL Play 60" Activities Start with a Visit from KC Wolf

For the second consecutive year, Stony Point North has received a grant from the "NFL Play 60" program. SPN was one of only four schools in the entire state of Kansas to receive the grant and the only school to receive the grant for the past two years.




To help our school start our "NFL Play 60" activities, students received a special assembly led by KC Wolf, the team mascot for the Kansas City Chiefs.

During the all-school assembly that was held on March 23rd, KC Wolf and other Chiefs representatives helped students learn more about the "NFL Play 60" program.

The two basic components of the program emphasize "Healthy Eating" and the importance of physical activity for at least 60 minutes every day.

Throughout the assembly, KC Wolf utilized videos as well as unique physical activities involving students and teachers to assist students in learning more about the importance of proper nutrition and the benefits of physical activity. (More Pictures on Page 3)

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Darrell Stuckey Returns to Visit Stony Point North - Photos



SPN's "NFL Play 60" Activities Start with a Visit from KC Wolf - Photos







PE Classes Focus on Healthy Eating Includes “Taste Test” Activity

During the past two months all students from K-5 have been learning more about the benefits of proper nutrition in PE classes. Students have learned about the importance of Healthy Eating including the “My Plate” program and the “5 Basic Food Groups - Fruits, Vegetables, Protein, Grains, and Dairy in every meal.



After students had acquired the basic knowledge about “My Plate” and the 5 Basic Food Groups, we have had Ms. Chrishonda Brown, from the Kansas State Extension Office, visit our PE classes and present additional information to our students. Ms. Brown worked with all grades from K-5 for several classes and involved healthy eating lessons with games and activities that also stressed physical activity.



In addition to increasing our knowledge of healthy eating, students also participated in a “Taste Test” activity. The “Taste Test” activity was coordinated with Ms. Rachel McGinnis Millsap, Director of KC Healthy Kids and the Farm to School Academy.



During the "Taste Test" activity, our 5th grade classes assisted Chef Margaret Turner in the preparation of a salad with radishes and mint dressing. All students at SPN came to the gym on Monday, April 20th or on Thursday, April 23rd and were able to participate in this special activity.



Also attending the Taste Test activity was "Miss Kansas Teen USA" who spoke with each class about proper nutrition.

Mayor Mark Holland Attends SPN Taste Test Activity

One of the special guests attending the activity was Mayor Mark Holland, the Mayor of Kansas City, Kansas.

Mayor Holland visited with Ms. Grey's Kindergarten class during their Taste Test activity where he helped the kindergarten students sample the radishes and create a salad.



During the presentation to each class by Chef Turner, students also taste tested both fresh radishes and roasted radishes.

After helping prepare the salads, the 5th grade helpers then served the samples to students as all classes rotated in to the gym for our Taste Test activity.



Students and Staff Improve Fitness by Completing Third "Race Across America"

SPN students and staff members have been focusing on improving their fitness by completing their third race in the "Race Across America". Students in grades 3 through 5 wear pedometers every day and report their total miles in P.E. class. Each week the "Team Flags" are moved across a large map of the United States.

The race also involves other participants from the KCK district. Dr. Cindy Lane is the captain of a team from staff members from the KCK Central Office and Mayor Mark Holland is the captain of a team of other KCK district staff members around the district.



The winning student team in the third "Race Across America" was Mrs. Klaas' 5th grade class.

Since September 2014, we have had three "races" across the United States. Our first was from San Diego to Kansas City, KS, the second race from Kansas City, KS to New York City, and the third race was from New York City to Miami, Florida. We have just completed our third race and the winning student team was Mrs. Klaas' 5th grade class.

Our fourth and final race will be from Miami, Florida back to Kansas City, Kansas and will finish in May.