

SPN PHYSICAL EDUCATION

February 5, 2016 Vol. 3 No. 1

NEWSLETTER



SPN Receives NFL Play 60 Grant for 3rd Consecutive Year

For the third consecutive year, Stony Point North has been awarded a grant from the "NFL Play 60" program. This program is also known as "Fuel Up to Play 60" and is a partnership between the National Football League and the National Dairy Council.

According to the "Fuel Up to Play 60" website, Stony Point North is the only school among all of the elementary, middle, and high schools in the entire state of Kansas to receive this grant each year for the past three years!

Also, SPN was the only school in the KCK school district to be awarded this grant this year.

The focus of this educational, nationwide program is to increase each student's physical activity to play for at least 60 minutes every day and to "Fuel Up" by eating healthy at each meal every day.

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Special Interest

Articles:

- SPN Receives 3rd NFL Play 60 Grant
- 4th Graders Win \$1,000 in Contest
- Students Create "P.E. Portfolios"
- Students Build Schoolyard Gardens

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4th Graders Win First Place Prize of \$1,000 in KC Healthy Kids "I Am Here Contest"



Students from Mrs. Scarrow's and Mr. Wedman's 4th grade classes were recognized as the First Place winners and received \$1,000 in the KC Healthy Kids, "I Am Here" contest. Our school learned about this photo and essay contest through our connection and

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SPN Receives NFL Play 60 Grant for 3rd Consecutive Year

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During the second semester students at SPN will focus on increasing their physical activities each day not only at school but away from school as well.

Students in the 4th and 5th grades will be wearing pedometers every day and record their miles in their P.E. "Star Portfolio" as well as report their miles for the "Race Across America" competition. The goal for each student is to walk or run for at least 100 miles during this semester. Students in the lower grades will also have special activities that will increase their physical activity each day as well. The second component of the "Fuel Up to Play 60" program is for students to learn about eating healthy for all meals.

Throughout the second semester, all students will be learning about the "My Plate" program and the 5 Basic Food groups. Students in all grades will be learning about the importance of proper nutrition through discussions and activities in P.E. classes, completing "Healthy Eating" worksheets, and learn more about foods by having all-school "Taste Tests". The "Taste Tests" will help students learn about new options of including nutritious foods in their daily meals away from school.

Our overall goal from our participation in the "Fuel Up to Play 60" program is increase our student's knowledge in making lifelong healthy choices and to fight against childhood obesity.

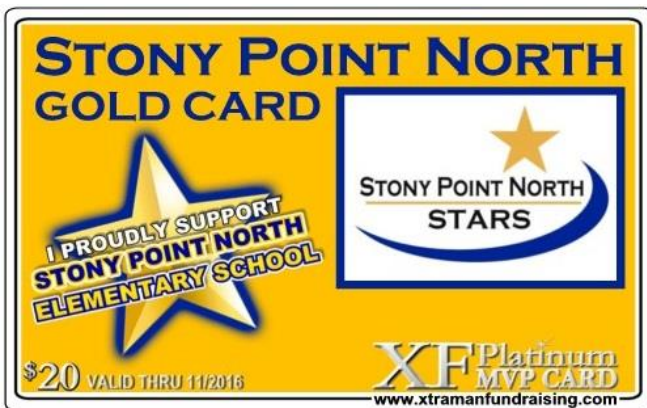


SPN Begins New Fundraiser for Playground Equipment

The students and staff at Stony Point North have recently begun a new fundraiser to raise money for our playground. The item that is being sold is the "SPN GOLD Card" discount card. The "SPN Gold Card" provides great savings with most of the discounts being a "buy one, get one free" discount and the discounts are good for one full year! The card sells for \$20 but buyers of the card will get their money back in savings in just 2 or 3 uses of the card!

This discount card is unlike most other discount cards because it has **5 special features**:

Please Support our FUNDRAISER for New PLAYGROUND Equipment !!



1. **Local Discounts** - There are **significant discounts for 14 local KCK businesses** with most directly in our immediate area. 2. **NATIONWIDE discounts** coupons; over 300,000 participating locations nationwide 3. **An EXCELLENT Incentive Prize!!** - Receive **FREE cards*** where sellers can **EARN MONEY!** For every 7 cards you sell, you will receive 1 FREE card!! With your FREE card you can use this card as your own discount card OR sell this Free Card for cash and **YOU RECEIVE THE \$20 PROFIT!!** It's almost like making money for selling discount cards! Sell 14 cards and receive TWO FREE cards and sell them and you made \$40 as your incentive prize.

4. **A Free \$25 Restaurant Savings Certificate** with purchase of card. 5. **Cards can be purchased online** with credit cards. **Sell by emails, Texts, Facebook and Social Media.** The buyers of the card can continue to enjoy big savings with **discounts good for ONE FULL YEAR** on businesses they probably already go to!

To receive **MORE info.** on the SPN GOLD Card and to watch the Fundraiser video go to <http://www.spnpe.com/fundraiser.html>

4th Graders Win First Place Prize of \$1,000 in KC Healthy Kids "I Am Here Contest"

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involvement with "KC Healthy Kids", the "Fuel Up to Play 60" program, and also from our Schoolyard Gardens project. In addition, our 5th graders from Mrs. Bayha's and Mrs. Tannehill's classes were also entered in the "I Am Here" contest and received "Honorable Mention" recognition and received \$100 for our school. The total winning proceeds of \$1,100 that we received will go toward developing our school campus and playground area.

Entering the "I Am Here" contest provided our students an additional opportunity to be involved in a challenging, educational activity that focused on increasing their physical fitness levels. Before entering the contest, our school had previously been developing plans and goals to improve our playground and school campus areas. Through our involvement in the "I Am Here" contest, we are now a little closer to reaching this goal for improvements to our playground to provide a more healthy environment for our students.

The "I Am Here" contest consisted of a photo contest and also involved students responding to essay questions focusing on healthy and unhealthy aspects of a school to promote student wellness. Our student's responses focused on the many positive components at our school that lead to healthy lifestyles such as the use of pedometers, PE portfolios, and teaching healthy eating. The negative aspect detailed in the responses was not being able to use all of our playground area that could allow all of our students to increase their physical activities.



The two photos on this page and the picture on Page 1 were three of the 10 photos submitted for the "I Am Here" contest. A special thanks to our Art Teacher, Mr. Mark Teel, for his help in designing these three very creative pictures.

By winning the contest, the fourth graders are now eligible to compete for the contest's Grand Prize of \$2,500 and will be competing with 5 other school districts in the Kansas City Metro area for this grand prize on March 2nd. The final competition of this contest involves 4th grade students speaking in front of a group local government, community and business leaders on March 2nd at the Kaufmann Center in a "Shark Tank" type presentation format.

4th and 5th Graders Continue Creating "Star Portfolios"

As a part of Physical Education classes, students in 4th and 5th grades have been working on creating "Star Portfolios". This unique educational activity was first implemented last year at Stony Point North and it was a tremendous success in assisting students in many different areas including physical activities, academics, and their personal lives.



The students work on special projects for their portfolios away from PE class time and will continue with these projects throughout the school year. The "Star Portfolio" allows our students to incorporate literacy activities into our PE curriculum at SPN and be in alignment with the KCK school district's goal of developing stronger literacy skills.

By students creating their individualized portfolios, it is our focus to extend the student's "PE Time" beyond just our 75 minutes per week of PE class time. Students can be working on PE related activities throughout the entire week and at home by doing special "PE related projects". The emphasis will be on increasing the student's knowledge about what a healthy lifestyle involves each day. Through the projects involving healthy eating and by participating in physical activities away from school that are fun and enjoyable, it is our goal to teach positive habits at an early age and to **"Promote Active Healthy Lifestyles"**.

The projects in the "Star Portfolio" include:

1. A **"Daily Activity Log"** for students to record their physical activities each day with their miles from their pedometers and the approximate time of each activity.
2. **Journaling** provides students with an additional opportunity to work on improving literacy skills in writing about their progress in physical activities, healthy eating, and other personal information about themselves.
3. **Goal Setting** allows students to learn how to set "S.M.A.R.T. Goals" in their physical activities, academic goals, and behavior goals. It also teaches students how to set goals in any area of their life as they get older.
4. **"Healthy Eating"** activity worksheets teaches students about the "My Plate" program and the "5 Basic Food Groups" and the importance of eating healthy in all daily meals.



5. **Character Education** activities assist students in learning about important character traits that are necessary to develop throughout their lives in order to be successful.

6. A record of a student's **Physical Fitness** scores to help student's monitor their physical fitness levels.

7. And a **Miscellaneous section** for additional projects in other important areas designed to assist in leading to each student's physical fitness and academic success.



Students and Staff "Race Across America" to Focus on Fitness

For the third consecutive year, 4th and 5th grade students, SPN staff, and also KCK District staff members are participating in a unique walking/running activity to improve their health and physical fitness levels. The participants are wearing pedometers to track their physical activity as they "Race Across America".



Students and staff are divided into teams and report their miles as a team every two weeks. The total miles of each team are tracked on a large map of the United States on a bulletin board at Stony Point North.

The progress of each team's total miles is shown as their "Team Flag" is moved across the course on the large map. Participants include the 4th graders from Mrs. Scarrow's and Mr. Wedman's classes, 5th grade students from Mrs. Bayha's and Mrs. Tannehill's classes, and the teachers and staff members from SPN with Mrs. Martin, our principal, being the "Team Captain".

In addition, we have another special team of staff members from the KCK school district Central Office and throughout the KCK district participating with us. The "KCK District team" is also involved with us again for the third year with Dr. Cindy Lane, the superintendent of the KCK school district, as the "Team Captain".

For our current "race" we are "starting at" the Golden Gate Bridge in San Francisco and walking/running to Stony Point North in Kansas City, Kansas for a total of 2,002 miles!



5th Graders Receive Recognition in "KC Healthy Kids" Photo Essay Contest

On February 2nd, Michelle Dake, from "KC Healthy Kids", came to visit Stony Point North for a special presentation.

Our 5th graders received a check for \$100 for their "Honorable Mention" recognition for their entry in the "I Am Here" photo/essay contest. This check will go toward the improvement of our playground and school campus.



First Semester Physical Education Activities

During the first semester students in Kindergarten through 5th grades have been actively participating in a wide variety of activities in P.E. classes. The activities involved many physical skills, locomotor movement activities, individual techniques, and team and large group strategies. The activities and games in P.E. classes have been challenging, educational, and provide fun learning experiences.



SPN Starts Schoolyard Gardens Project

As a part of our NFL Play 60 program on healthy eating, this year all grades will be having their own "Schoolyard Garden". On December 15, 2015, the 4th and 5th grade students helped create our Schoolyard Gardens by building our raised garden beds under the direction of the Kansas City Community Gardens.

The students built six garden beds so that each of our grades from Kindergarten through 5th grade will have their own garden. Each grade will be planting seeds, maintaining their garden bed, and then growing vegetables.



The benefits of our Schoolyard Gardens will be: 1. To assist our students in learning about plant science, 2. To help teach our students about healthy eating by teaching about vegetables, 3. To provide an opportunity to learn more about healthy foods effect on wellness, 4. To have the food that we grow from our gardens be eventually a part of our school lunches, and 5. To have food that we grow eventually be a part of our "Fuel Up to Play 60" Taste Tests.

Students will be planting seeds for their gardens in early spring. A video was created with all the pictures taken from our students building the garden beds. To view the video go to: <http://www.spnpe.com/SPNPEVideos.html>

