

SPN PHYSICAL EDUCATION

May 17, 2016 Vol. 3 No. 3

NEWSLETTER



SPN 5th Graders Finish in FIRST Place in KCK District's "Are You Faster Than a 5th Grader?" Race

The fifth annual running of the KCK District's "Are You Faster Than a 5th Grader?" was held on April 29th with the Stony Point North 5th grade runners finishing in FIRST Place!

This annual district event consists of having 15 runners from each of the 30 KCK district's elementary schools running against KCK School District Superintendent Dr. Cindy Lane in a two mile run.



In addition to SPN finishing as the "Team Champion", Stony Point North had two runners finishing as one of the "Top 15 Runners in the District". Daniel Luna finished as the 6th fastest runner and Yahir Cazares finished as the 10th fastest runner. Finishing in the "Top 15 Runners for the Girls" was Diana Hernandez finishing in 6th place in the district.

(Continued on Page 9)

Special Interest

Articles:

- SPN Finishes in FIRST Place in "Are You Faster Than a 5th Grader?"
- Students Continue "Healthy Eating" Activities
- 4th Graders Harvest Vegetables from Schoolyard Gardens
- Second Semester P.E. Activities

Inside this Issue:

	Page
Healthy Eating Activities in P.E. Classes	2
Schoolyard Gardens	4
P.E. Photos	5
SPN Field Day Photos	6
5th Graders Finish in FIRST Place in Two Mile Run	9



Daniel Luna
"Top 15 in the District"
6th Place



Yahir Cazares
"Top 15 in the District"
10th Place



Diana Hernandez
"Top 15 Girls in the District"
6th Place

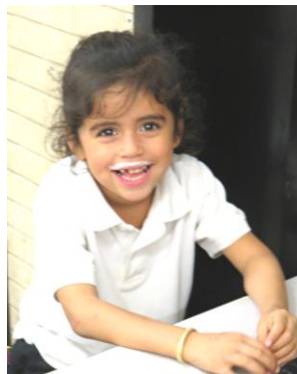


Students Continue Healthy Eating Activities in P.E. Classes



Students in Kindergarten through 5th Grade continued with their focus on "Healthy Eating" with additional "Taste Tests" activities through PE classes.

The "Taste Tests" are a part of our "Fuel Up to Play 60" activities and assist our students with learning about new food options. The "Taste Tests" allow students to try new healthy foods and also teaches students how they can make healthy snacks themselves to replace unhealthy food choices. (Continued on Page 3)



Students Continue Healthy Eating Activities in P.E. Classes

(Continued from Page 2)

For our April "Taste Test", Stony Point North once again partnered with "KC Healthy Kids" and students were able to try two different Smoothie recipes. Chef Margaret Turner from "KC Healthy Kids" visited SPN and had students try an "Apple Green Smoothie" and also a "Strawberry Green Smoothie". Both of these smoothies were made with apples, strawberries, and spinach.

A second "Taste Test", conducted with the help of several SPN parent volunteers, allowed students to make their own "Fruit Pizza" during this activity. Students also learned how they could make their own strawberry and banana smoothie. For the "Fruit Pizza", students created their "pizza" on a flour tortilla shell and then added fruits from their choices of apples, strawberries, pineapples, kiwi, blueberries, and cream cheese to create a delicious healthy snack.



4th Graders Harvest Vegetables in Schoolyard Gardens Project

In December of 2015, as a part of our NFL Play 60 program, students from 4th and 5th grades helped "KC Community Gardens" build six garden beds. Each grade was able to have their own garden bed so that our students could learn about plant science and also learn more about healthy eating by teaching about vegetables.

By having garden beds, it was our goal to have the vegetables that we grew be a part of our school lunches and also have these vegetables be used for "Taste Tests". In late March of this year, each grade planted seeds in each of their garden beds. On May 11th, students Mrs. Scarrow's 4th grade class harvested the first vegetables from the SPN garden beds and shared the vegetables with Ms. Grey's Kindergarten class in a special "Taste Test".

With the help of MaryAnna Henggeler from "KC Community Gardens", Mrs. Scarrow's class harvested: onions, lettuce, radishes, and spinach. The 4th graders then planted sweet potatoes and mulched the garden beds.





Field Day Photos May 13, 2016

