



Physical Education Newsletter

Staying Fit Indoors

**Pinnacle Charter
School**

Volume 7, Issue 4

December

The winter months can be a great opportunity to find new activities to put into your exercise regimen. Check out the following sites that will help keep you active and energized throughout our Buffalo winter months:

Kidz World: <http://www.kidzworld.com/article/5033-indoor-winter-exercises>

Mama's Health: <http://www.mamashealth.com/exercise/winterfit.asp>

Kid's Health: http://kidshealth.org/kid/stay_healthy/fit/what_time.html

Fitness and Mind: <http://www.fitnessandmind.com/>

Remember to use the Family Fitness Calendars as an additional way to keep fit in December. The calendars can be found at www.pinnaclewny.org. Keep moving and we'll see you in 2010!

Canisius Cares Winners

Please congratulate the following students who demonstrated great sportsmanship during November:

KR- Elijah Mostiller
KM- Arianna Hooks

KT- Kenny Pringle

K-1- Clarice Bell

1E - Janya Curry

1R - Jamyra Hightower

1H - Noah Sanger

2GR- Alanna & Audrey Swanson

2GZ- Damonte Minter

2M- Ariana Johnson

3B- Harmonystar Breisch

3G- Mizelle Pettigrew

3T- Shamar Cross

4Ba- Ricardo Pereira

4Bo- Tajjha Small

4S- Keyira Rashada

5C- Tyrone Tyson

5F- Christopher Nelson

5M- Cierra Campbell

6C- William Preston

6M-Marlin Rasmey

6L-Eduvian Rosado

7D-Christian Loudenslager

7SC-Hannah Davis

7O-Darian Jones

8SA-Corey Wisemen

8K-Tyler Scott

Remember:

- ☉ **Basketball:** Games will begin in December. Remember to check the PAC bulletin board and our website for updates.
- ☉ Check out www.greatschools.net. It is a website that you can go to if you want to praise our school for doing something positive.
- ☉ Please be safe over the break. We will be planning exciting activities for the new year.

