



Physical Education Newsletter

Sign-up for Our 5K & 1 mile Runs!

On Friday, October 2nd, at 6pm, Pinnacle will host it's first annual 5K race and 1 mile fun run. This event will benefit Pinnacle athletics, assisting in purchasing new equipment for PE and our athletic teams.

Please be sure to sign-up as soon as possible. The first 200 registered participants will receive a Pinnacle cinch sack. Awards will be presented to the top three runners in each

age group. Every 1 mile participant will receive an award.

The fun doesn't end there! A family-friendly post-race party will be held at Pinnacle. You can celebrate your accomplishment by using the bounce house, eating a hot dog with good friends, and cheering on your favorite runner at our awards assembly.

This is your chance to beat your favorite teacher and celebrate the beginning of fall in

a healthy, active way!

The registration link is: <http://score-this.com/onlinereg/pinnaclecharterschool-reg.html>. We look forward to seeing you there!

Please direct questions to Miss Lingle (583-3055 or elingle@pinnaclewny.org)



Calling All Good Sports!

Do you show good sportsmanship in PE? The PE teachers are looking for students that show good sportsmanship throughout each week. Thanks to Canisius College, these students will be recognized at the end of each month.

Canisius Cares is awarding "good sports" with Canisius College hockey and basketball tickets throughout the school year.

The program kicks-off on Monday, October 5th during clubs. Petey, the Canisius Griffin will be there to

award our September winners.

We're looking for good sports. So, give a high-five, help a classmate, say "congrats" or "good game," and be a friend. Are you up to the challenge?

Pinnacle Charter School

Volume 7, Issue 2

October

Remember:

- © **1st Annual Pinnacle 5K & 1 mile fun run:**
Pinnacle is hosting a 5K race and 1 mile fun run as a fundraiser on Friday, October 2nd. To register, please use this link <http://score-this.com/onlinereg/pinnaclecharterschool-reg.html> OR pick up a paper form in the main office. Contact Miss Lingle with any questions.
- © **Family Fitness Calendar**
Please check Pinnacle's website for our Family Fitness Calendars. This will give you a link to the site, where you can see the calendars in English and Spanish.
- © **Basketball Try-outs**
Basketball will begin in early November. Take advantage of great fall weather by going outside to practice your skills. Teams will be formed for Grades 5-8.