

Find all of the latest Health & PE Information HERE!

# Wellness Newsletter

Volume 8, Issue 6

May 2011

- Track Meets:  
May 14th, 21st,  
26th, June 4th,  
Championships:  
June 11th



- Baseball Games:  
May 10th, May  
14th, May 17th,  
May 21st, June 4th,  
June 7th, June  
11th; Playoffs and  
Championships TBD  
(June 13th, 14th,  
and 20th)



- Please visit [www.pinnacleWNY.org](http://www.pinnacleWNY.org) for PE newsletters and Athletics updates.



## Miss Bund

As we try to fight off the cool weather and rain we will be getting ready to start the month off right with some outdoor team games and sports. Weather depending we will be working on cooperation, team strategy and basic sport skills through classic yard games such as Kickball, Badminton, Bag-O and Kan Jam. By the end of the month students will get into the skills for football before entering into game play. At this time girls in 7<sup>th</sup> & 8<sup>th</sup> grade will have the opportunity to continue on with football or learn the fundamentals of girls lacrosse. Since our April showers do not seem to want to leave us just yet we will be bringing back our most popular unit to date, Zumba! With new and improved songs/routines I hope to get students up and moving with dances they can teach you some evening or on the weekend.

7<sup>th</sup> grade Health classes are starting the trimester off learning the ins and outs of Mental Health, depression the ins and outs of bullying. 8<sup>th</sup> grade health classes will be split by gender as Planned Parenthood will be coming to share their Circle of Friends and Responsible Male program.

## Mr. Moretta

Welcome back, we have a busy third trimester ahead of us. The 5<sup>th</sup> graders will be learning more about volleyball while the 3<sup>rd</sup> graders will learn a volleyball type game called Nuke'em. Once the weather gets nicer, we will be heading outside to learn about flag football and softball/baseball.

Don't forget to bring your PE uniform and sneakers to school.

Remember the 3<sup>rd</sup> annual Pinnacle 5K race Friday May 20<sup>th</sup>.

## Miss Lingle

On May 20th, Pinnacle will hold its' third 5K race and 1-mile fun run. (More information is on the reverse side.) If you are interested in volunteering, please plan to attend a Parents and Teachers Together meeting on May 10th at 7:45am or May 11th at 5:45pm. If you'd like to run or walk, please visit [www.pinnaclewny.org](http://www.pinnaclewny.org) to register OR stop by the main office for a registration form.

May 2nd–May 7th, kindergarten and first grade students will celebrate National Sport and Physical Education week through a variety of activities to keep them moving.

Throughout the remainder of May, students will participate in cardiovascular endurance activities to strengthen their heart and lungs. At the end of the month, students will explore volleying, striking, and throwing & catching.

When the rain and cold decides to leave us, we will be outside as much as possible. Please remember to send your child to school with sneakers that they can play in.

## Mr. Turner

The third trimester has started and it will hopefully bring much nicer weather. Mr. Turner's P.E. classes should plan on going outside whenever the weather permits. This means that it may be a little bit cooler outside so students should have a long sleeve shirt, sweatshirt or jacket on days they have P.E.

The month of May will include throwing and catching skills with an introduction to football for 2nd grade and a football unit for 4th grade. There will also be a focus on sportsmanship in a Cooperation Games Unit for both grades.

Health classes will be learning about Mental Health with a focus on stress management and bullying.

## PE/ Health Department



Miss Bund, Grades 1 - 8  
(716) 923-5329  
[sbund@pinnaclewny.org](mailto:sbund@pinnaclewny.org)

Miss Lingle, Grades K-1, 5 & Athletics  
(716) 583-3055  
[elingle@pinnaclewny.org](mailto:elingle@pinnaclewny.org)

Mr. Moretta, Grades 2 - 8  
(716) 570 - 6172  
[mmoretta@pinnaclewny.org](mailto:mmoretta@pinnaclewny.org)

Mr. Turner, Grades K - 7  
(716) 609-0157  
[cturner@pinnaclewny.org](mailto:cturner@pinnaclewny.org)

## 5K is around the corner!



On May 20th, Pinnacle students, family members, and community members from all over WNY will participate in the 3<sup>rd</sup> Annual 5K Race and 1-mile Fun Run. A FREE post-race party will be held at Eberl Iron Works (next to Pinnacle) including great music, food & drinks. This year, Sponsor-a-Student Program was added allowing for 20 students to receive running sneakers.

If you're interested in running or walking, you can register at: [www.pinnacleWNY.org](http://www.pinnacleWNY.org) (click on the 5K banner) or <https://www.score-this.com/online/reg/pinnaclecharterschoolreg.html>.

Volunteers are always appreciated. We need: Pre-race Prep, Race Organization, and Post-Race Party. To learn more about volunteering, please attend a Parents and Teachers Together meeting on May 10th at 7:45am or May 11th at 5:45pm. Contact Miss Lingle to volunteer for this event.

**What:** Pinnacle 5K Race & 1-mile Fun Run

**When:** Friday, May 20th

**Time:** Race begins at 6:00pm. Race Registration from 4:30–5:30.

**Where:** Pinnacle

**Why:** Get families at Pinnacle active! Allow community members to see Pinnacle in action! Raise funds for Pinnacle programs!

How do I get involved?: Contact Miss Lingle, [elingle@pinnaclewny.org](mailto:elingle@pinnaclewny.org) or 583-3055.

How do I register?: [www.pinnacleWNY.org](http://www.pinnacleWNY.org); Click on the 5K banner.

