

Find all of the latest Health & PE Information HERE!

Check it out!

- Remember your sneakers every day!
- Students in grades 4-8 must change for PE. A gray t-shirt and navy blue shorts are the only acceptable forms of a uniform.
- PE Uniforms are on sale NOW! Orders will be accepted throughout the year. See your PE teacher or the main office for details!
- Health is here... Grades 6-8 will take a health as a class with Miss Bund, Mr. Moretta, or Mr. Turner.
- Check www.pinnacleWN.Y.org for PE updates, upcoming events, and fitness calendars.

Wellness Newsletter

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Active in August...

Miss Bund

Over the summer, Miss Bund traveled to the Adirondack Mountains. While she was there, she spent time kayaking and hiking in the mountains with some friends. After returning from her adventures, she played tennis with her brother and went for runs on the bike path in her neighborhood. Her local gym will keep her active throughout the fall and winter seasons.



Mr. Moretta

Throughout the trimester break, Mr. Moretta stayed active by playing street hockey with his nephew. He also went to the park close to his home and challenged several people in a game of basketball. You may also have spotted Mr. Moretta running laps around Delaware Park. Mr. Moretta will head back to the gym this fall.



Miss Lingle

The summer kicked off with a family trip to Letchworth that included hiking and rafting. During a cross country road trip, Miss Lingle tried rock climbing, hiked and ran in the Rocky Mountains, and cooked delicious, locally grown, vegetarian meals. Upon her return, she could be spotted on her bike and running throughout the city as she is training for the Toronto Waterfront Half Marathon. Check next month's newsletter for tales of her race on September 26th.



Mr. Turner

This summer was a very active and exciting one. At the end of July, he took a trip to the Pocono Mountains in Pennsylvania. Aside from taking several long hikes and bike rides, he went white water rafting in the Lehigh River. Besides taking a very fun and exciting vacation Mr. Turner was involved in several sports, including volleyball, floor hockey, softball, and flag football. For exercise during his free time, he spent it running four to five miles five times a week. He will continue to stay active in the fall and winter by joining a gym.



Important PE Information

Students receive PE and/ or Health three to four times a week. This year will provide your child with several opportunities to increase their well-being both inside and outside the physical education classroom. Students will be able to participate in a variety of sport and health-related activities.



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Important PE Information cont'd...

Let's build healthy children together. Join us:

February 7th–11th, students will participate in **Jump Rope for Heart** to learn about healthy hearts and raise funds for the American Heart Association.

On **May 20th**, racers from all over WNY & Canada will join us for the **3rd Annual Pinnacle 5K**, raced on the streets surrounding our school.

Field Day is **July 15th**, which is always a fun event for everyone in attendance.

Please remember:

Students must wear **sneakers**. Also, fourth through eighth grade students are required to wear **navy blue or khaki colored shorts** and a **plain gray T-shirt**. Students may wear a **navy blue sweatshirt** over their t-shirt in cooler weather. The clothing must be **graphic free**. Uniforms are on sale in the main office. See your PE teacher for more details.

Look forward to receiving monthly newsletters updating you on P.E. information as well as wellness, nutrition, and disease prevention news you can use at home. Also, check out www.pinnacleWNY.org for newsletters, fitness calendars, and event information throughout the year.