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Wellness Newsletter

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Check it out!

- Please remember that students have PE on most days. Leave a pair of sneakers at school so that you're ready to move your feet everyday!
- Bowling information will be sent home at the end of February.
- Still need a PE uniform? Stop by the main office for an order form.
- Basketball is in full-swing. Check out the schedule on the Pinnacle website.
- Check out www.pinnacleWNY.org for PE updates, upcoming events, and fitness calendars.



Miss Bund

6 -8th grade will be bringing in the new year with many new and exciting things this month! After a long winter break we will get our feet moving and our heart pumping with a new unit, tinikiling. This Philippine inspired rhythmic dance will be sure to keep us moving to famous songs by Michael Jackson like Thriller and Beat it. Dance seems to be such a popular unit for our students; after tinikiling we will be getting our groove on with the new hit exercise craze, Zumba! Group dances with counts of 4 or 8 will be taught to all the our favorite songs on the radio, next time it is on have your kids show you the moves!

January is a time for new beginnings and new challenges. Take some time at home after school or before bed to get up and moving around the house. Do some extra chores, run up and down the stairs, dance throughout commercial breaks or even see who can jog in place the longest. Spring will be here before we know it and we want to make sure we stay in shape!



Mr. Moretta

Welcome 2011!! Over break I spend most of the time playing hockey with my nephew and catching up on some sleep. My New Year's Resolution this year is to travel more outside Buffalo.



This month we are all very excited to introduce tinikling to Pinnacle. Tinikling involves two people hitting poles on the ground and against each other in coordination with one or more dancers who step over and in between the poles in a dance. After that we are going to start basketball. The 3rd graders will build on their skill base of dribbling, passing, and shooting. They will also get into positions and rules. The 5th graders will learn about the history of this great game and get into friendly competitive games.

Miss Lingle

The kindergarten and first graders have danced into the new year with aerobic workouts to popular music. Ask your little one to dance to "Check It Out," "Telephone," or "Waka Waka." It's a great workout... Join in! To finish out the month, students will learn yoga movements that will allow for greater flexibility and relaxation.



Over break, I ran two races in the city; including the Reindeer Run and the Freezer 5K. I will be braving the streets this winter to train for several races. My next race will be the Y-10 mile in Lockport on February 12th.

Are you looking for a way to get moving as a family? Come to my parent workshop on January 31st at 6:30pm in the cafeteria. Also, remember that you can sign up for the Walk to Wellness to train for the Pinnacle 5K, which is May 20th. Look for a pink flyer for more details.

Mr. Turner

After attending a physical education conference this past November, a lot of new ideas were learned and added to our lessons. In January, Mr. Turner will be teaching more of these activities. These will include several new Zumba dances, a rhythm unit called Tinikling, and many activities involving literacy and ELA. Rounding out the month will be the beginning of the basketball unit.

In Health, students will learn about drugs and alcohol. They will learn about the dangers and consequences as well as good vs. bad decision making. They will be given information on how to seek help if it is needed as well as ways to cope with peer pressure. "Providing a stable support network is the *first step* in overcoming peer pressure."





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Canisius Cares Program & Kids' Day

On January 5th, the PE & Health Department will recognize several students in grades K–8 that work hard to be healthy and active with a great attitude and effort. Students in grade K–5 will attend Canisius College Kids' Day on January 14, 2011. Keep up the great work!

Congratulations to the following students:

KH: Kayden Evans & Dashayla Frizzell

KT: Ramir Reed & Alisha McCain

1GR: Shanya Johnson & Darquel Rowsey

1J: Myquan Thomas & Kya Foreman

2H: Chanel Colley & Martin Espinal

3BA: Jayla Hall & Nathan Ziegler

3S: Donovan Strong & Ansara Walker

4G: A'Marieyan Bolton & Mizelle Pettigrew

5C: Marcious Sanger & Eric Ziegler Bell

5M: Lila Sanger & Kaylee Welch

6F: Malik Rainey & Daryangelik Rosado

7D: Melissa Showard & Bruce Betton

7SC: Tyler King & Taya Myree

8O: Dajanyque Peay & Marquel Jeffries

KR: Jacorey Jackson & Dyamen Peay

K1C: Emani Thomas & Malachi Burnett

1GZ: Christopher Meadows & Chantel Jackson

2E: Andre Hicks & Jayden Mann

2R: Shania Evans & Juliana Rios

3BO: Valerie McEntire & Alexis Rios

4BU: Brittani Parker & Kamari Walters

4T: Tajanique Higgins & Taejon White

5L: Jaamel Carr & Ashlyn Braswell

6C: Ah'Janae Davis & Shawn Faulk

6M: Kyree Edwards & April Frazier

7G: Jamillah Clark & Joshua Rogers

8K: Jordyn White & Jah'mai Prosser

8SA: Shakkiyah McCarter & Kyle Barry

