

Find all of the latest Health & PE Information **HERE!**

# Wellness Newsletter

Volume 8, Issue 3

November / December 2010

Check it out!

- PE uniforms are still on sale in the Main Office. Stop by for a form.
- Basketball games begin on December 4th. Hope to see you at try-outs & practices for the team & step in November.
- Calling all bowlers! Bowling starts in February & ends in mid-April. Fill out the bottom portion of the yellow flyer (that went home on 10/25). Extra copies are in the main office. We'll contact you soon...
- Check out [www.pinnacleWNY.org](http://www.pinnacleWNY.org) for PE updates, upcoming events, and fitness calendars.



## Miss Bund

6 - 8<sup>th</sup> grade finished up their jump rope and fitness unit with great success. Each student was tested by Canisius college students using Fitness-gram testing to see just how fit we are! They were tested through a pacer test, push-ups, sit-ups and stretching to see just how flexible they really are. We will be starting this month off with our floor hockey unit which covers stick handling drills, passing, shooting, target practice along with game rules, strategies and player equipment. Towards the end of the month we will be finishing things off with Project Adventure team building games and activities to help build trust, communication and collaboration skills.



New this year is our health program for our 7<sup>th</sup> and 8<sup>th</sup> grade students who are learning all about the parts of the Brain, how it functions and fun brain facts. Do you know how much a human brain weighs? Or that our brain is made up of 80% water! See what other fun facts your child has learned while raking some leaves or playing a pickup game of flag football before the weather turns.

## Mr. Moretta

3<sup>rd</sup> Grade is starting one of Mr. Moretta's favorite sports, hockey. We are going to learn about stick handling, passing, shooting, equipment, history, and the rules of this great winter game. Hockey will help in the development of hand/eye coordination to compliment the foot/eye coordination we started to develop with soccer last month.

Along with stick handling, passing shooting, equipment, history, and the rules of hockey, the 5<sup>th</sup> graders will learn advanced skills such as face-offs, offense and defense, and goal tending. Some lucky student will be able to get dressed in Mr. Moretta hockey equipment to see what it feels like to be a ice hockey player.

Check out the Buffalo Sabres web site ([www.buffalosabres.com](http://www.buffalosabres.com)) for great information about our home team and other links to the sport of hockey. Can you guess what Mr. Moretta's number was in college? Or what happened to him in his very first college game? Tell Mr. Moretta your guesses.



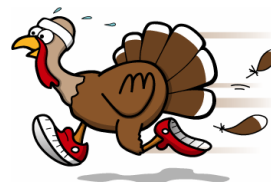
## Miss Lingle

Fall is creeping in, as is the end of the trimester. During the final weeks, kindergarten and first graders will be learning more about throwing & catching, fitness concepts, and hockey. We may even sneak in a few dances!

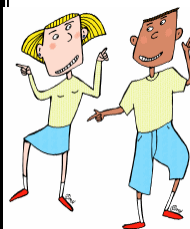
During November & December, Miss Szczepanski, a Canisius College student will be working with Miss Lingle to complete her student teaching placements. Check out the back page of the newsletter for more information about Miss S. When you see her in the hallways, please give her a warm Pinnacle welcome.

The PE team will be heading to the state PE conference at the end of November and is looking forward to coming back armed with new and exciting ideas for our classes.

On Thanksgiving morning, Miss Lingle will be out racing in the YMCA Turkey Trot. Hope to see you there as a runner, walker, or spectator. Very soon, you'll be asked to join our running & walking club to get ready for the 5K. Look for a flyer at the end of November.



## Mr. Turner



November and December are very interesting months for Mr. Turner's 2<sup>nd</sup> and 4<sup>th</sup> grade physical education classes. The first part of November will be focused on throwing and catching skills. Then, they will follow it up with a new Multi-

cultural Unit. During this unit, the classes will participate in games from all over the world that students may have never even heard of before.

Following the multicultural units, students will have a week to review many different activities from throughout the trimester, to include soccer skills, juggling, and hockey.

Taking us into trimester-break will be one of Mr. Turner's favorite units - Rhythm and Dance. Students will learn and practice the "Cha-Cha Slide", the "Cupid Shuffle" and a new dance that has not been taught at Pinnacle yet. All-in-all, November and December will be jam packed with fun activities and will most likely fly by.



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## Pinnacle Phoenixes

### Canisius Cares Program

On December 2nd, 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.



During club time, from 12:50–1:20, Petey, Canisius College's mascot will be at Pinnacle Charter School to award students will passes to a men's basketball, women's basketball, men's hockey or lacrosse game.

From these students, a small group will be selected to attend Canisius College Kids' Day on January 14, 2011. The PE/ Health Department will be contacting the parents/ guardians of winners at the end of November, so that you can attend the assembly on December 2nd.

Keep up the great work!

### Welcome Miss Szczepanski

My name is Amy Szczepanski and I am Miss Lingle's student teacher from October until December 8th. I just finished my first placement at Amherst Middle School where I taught Health Education. In December, I will receive my Bachelors Degree in Physical Education and Health

From there I plan to get my Masters Degree in either Special Education or Health and Human Performance. I currently work at the Lancaster YMCA as a youth sports coach and lifeguard. I have also done pre-student teaching at Union East Elementary, Starpoint Elementary, Nardin Academy, City Honors and Amherst Middle School.

I look forward to working with all the students and staff this fall/winter!