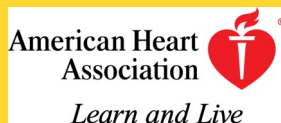


Find all of the latest Health & PE Information HERE!

- Please remember to turn in your Jump Rope/ Hoops for Heart packets by March 4th.



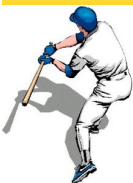
- Basketball Play-offs begin on March 5th. Check the website for times.



- Bowling begins...
Grades 7-8: 3/16
Grades 5-6: 3/17



- Track Athletes (Grades 5-8) & Baseball Players (Ages 8-14): In order to try-out, you & a parent must attend one of these meetings with a parent/ guardian: March 9th & March 15th at 6:00pm.



Wellness Newsletter

Volume 8, Issue 4

February 2011

Miss Bund

The 7th & 8th graders will be finishing up their favorite unit, Basketball early on this month.



We will be moving right into another great team sport, Volleyball. For this unit we will be focusing on the important skills of passing, team work and strategy. Before the month and trimester come to an end we will have time for a few more cooperation games that students will be able to play with friends and family while home over our April Break.

Our health classes are in the heart of our Drugs, Alcohol and Tobacco unit. By the end of the month I hope the students will have a greater knowledge on the reality of street drugs and the great consequences that come when the best choices aren't made. We have a drug free pledge hanging in our classroom that I am thoroughly encouraging all students to sign. This will stay posted as a daily reminder for them to choose a drug free life.

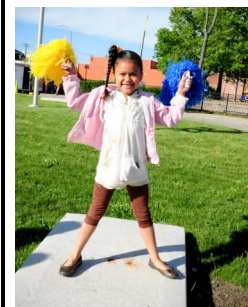
Don't forget, with spring just around the corner it is the perfect time to get off the couch, out of those sweats and start moving as a family. Daily walks, dance parties to your favorite songs or even a bike ride are great ways to get motivated.

Miss Lingle

Throughout March, kindergarten and first grade students will learn valuable skills during exciting new games. Students will focus on skills needed for hockey, soccer, basketball, and team play.

First grade students are continuing to bring home "Healthy Henry". After exercising with your child for thirty minutes, encourage your child to write and illustrate their Sweat Story. After students share their story with the class, they are posted outside the cafeteria.

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 training for this event, join us on Fridays at 5:30 outside the athletic center. Beginning March 18th, our training group will meet at Delaware Park at 5:45.



Hope to see you Fridays as we welcome spring with physical activity.



Mr. Moretta

Jump Rope & Hoops for Heart were a huge success this year. We had a great time and gave away some amazing prizes. It was great to see

the students get into the friendly competition between their classmates.

For the month March we are finishing up basketball and hopefully the weather will break and we will be able to get outside to explore picnic games such as Kan Jam, Ladder ball, and washer toss.

Remember your PE uniform! It is not too late to order Pinnacle PE T shirts and shorts. Stop by the main office for an order form.

Mr. Turner

March will hopefully bring some nice weather so his students can get outside and forget about the cold winter! Weather permitting students should have some extra, older sneakers and a coat in order to be prepared to go outside. If mother nature does not cooperate, his 2nd graders will be working with the parachute and doing a relaxing week of yoga. It is important to challenge yourself mentally as well as physically! 4th grade will be working on their bumping and setting in a volleyball unit. Taking us into the trimester break will be the ever fun bowling unit. Mr. Turner's health classes will begin to learn about coping with problems as they learn about stress management. Mr. Turner looks forward to finishing up strong! Bring on Spring!





PE/ Health Department

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

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

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

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

5K is on the Way!



On May 20th, Pinnacle students, family members, and community members from all over WNY will participate in the 3rd Annual 5K Race and 1-mile Fun Run. The Walk (Run) to Wellness is helping train families at Pinnacle for this event. If you are interested in joining the training group, please contact Miss Lingle. 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. With every \$100 donation, one student will receive a pair of sneakers, training for the race, and free entry into the race.

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

Volunteers are always appreciated. We need: Pre-race Prep, Race Organization, and Post-Race Party. 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 or 583-3055.

How do I register?: www.pinnaclewny.org; Click on the 5K banner.

