

## James J Flynn Elementary School

# Hornet Health and Physical Education Newsletter

February 2024



Issue 3

## Introduction

Welcome to the Third edition of the Hornet Health and Physical Education Newsletter!! In this volume of the newsletter, we discuss what we have learned in both Health and Physical Education the last two months. **We share a very important announcement!!** As always, we will provide you with contact information for your students' health and physical education teacher. Now let's get moving!!



## Important Reminders!!

Please remember to have your student wear sneakers that tie on physical education days. Additionally, please leave all jewelry at home. This way, they can safely participate in all our fun activities. They must also be wearing a proper school uniform every day. If you have any questions, please contact your HPE teacher.



## Physical Education

### What We Are Doing Now

- All grades are currently working on Fitness!! We played games that work on our cardiovascular endurance. Now, we are doing circuit training that continues to work on our cardio, but also improves strength, flexibility and balance.



## IMPORTANT ANNOUNCEMENT: K-2 FAMILY FITNESS NIGHT!!

It's back!! On **Wednesday, March 20, 2024**, we will be hosting our annual Family Fitness Night in the James J Flynn Gymnasium!! Come ready to exercise on a night filled with your favorite physical education games and activities. **THIS IS FOR STUDENTS IN GRADES K-2 ONLY. A separate fitness night for grades 3-5 will be announced at a later date.** *Any student who attends will receive extra credit in physical education!!*



## Health

### What We Are Doing Now

- All grades are learning about the dangers of cigarettes, marijuana, alcohol and other drug usage.
  - Talk to your student(s) about the dangers of using these substances.
- 5th Graders are participating in the D.A.R.E. program with the Perth Amboy Police Department. For more information, please click [here](#).



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### James J Flynn Health and Physical Education Department Contact Information

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