



# P.E. NEWSLETTER

AUGUST 2022

SCHAEFER ELEMENTARY

Hello Schaefer Families!

Welcome to P.E.! My name is Beth Clark and I will be your PE teacher for this year. This is my third year teaching in District 90 and my 7th year teaching PE. Please review the notes listed to the right. If you have any questions, please let me know. I look forward to meeting all of your students!

## **FITNESS TIP:**

### **STAY HYDRATED**

Keeping your kids hydrated with healthy drink choices like water and milk has many benefits. It will help prevent fatigue, improve mood, aid digestion and maintenance, and enhance brain function. Try to eliminate sugary drinks such as soda, sports drinks and energy drinks, as they are often packed with sugar, caffeine and other unwanted ingredients. Too much caffeine can increase heart rates, blood pressure, interrupt sleep and cause nervousness and irritability.

## **CONTACT INFORMATION**

Beth Clark

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## **NOTES**

- Your child will have PE once/week for 40 minutes. Your teacher will have the specials schedule available for you.
- A key element that contributes to student success and well-being is safety. Since PE will be inside, students will need to wear appropriate clothing and footwear.
- Grading: Students can earn up to 4 points/week.  
**STAR** grading:  
**SAFETY**—proper clothing/shoes  
**TEAMWORK**—participating and working towards a goal  
**ATTITUDE**—positive and encouraging others  
**RESPECT**—respect towards myself, others, and the equipment