

EMS PHYSICAL EDUCATION and HEALTH NEWS LETTER: WINTER 2010

Jersey Battered Women's Service Inc. in Morris County, NJ, a full-service domestic violence and domestic abuse prevention agency gave a two day workshop to all 8th grade health students. The goals of the program : 1) to recognize warning signs of abusive relationships, 2) how to respond to a friend who is experiencing abuse, 3) how to reach out to family, school and community resources for help, and 4) how to take an active leadership role, in the prevention of dating and domestic abuse.



8th graders processing information presented by guest speaker, Corinne Warrenner from JBWS.

Winter physical fitness assessments were administered to all students to encourage the adoption of an appropriate, healthy lifestyle. The six objectives for testing are:

- To assess current fitness level
- To help develop and establish an effective fitness program
- To identify potential areas of health or injury risk
- To establish goals and motivation
- To track and evaluate progress
- To establish a baseline of current fitness level

Some outstanding numbers: In a one minute timed push-up test Pete Sutton did 68 pushups. In a one minute jump rope test Shawn Leydon did 204. Alex Watson ran 65 seconds in the 400 meter run. Nyobi Simpson jumped 156 times in one minute. Amanda Terreri agility test score was 21. Renee Sarinelli did 59 sit-ups in a timed test.



As a way to enhance skills and sportsmanship the Volleyball Tournament is in full swing. Each team will have representatives playing at an assembly so a champion can be awarded. Teachers will play the students to show off their skills as well.