



Physical Fitness Newsletter

**Mrs. Carole Melillo
Mrs. Lorraine Miller**

Physical Education: Staying fit in PE and promoting healthy active lifestyles is our goal!

All students in grades 1-4, Pre-K and the K/1 class visit the gym for Physical Education classes three times a week. The schedule is as follows:

Pre-K	Mrs. Barry	Mon, Wed, Fri
K/1	Mrs. Reed	Mon, Tues, Fri
1 st	Mrs. Cherry	Tues, Thurs, Fri
1 st	Mrs. Watkinson	Mon, Wed, Thurs
1 st	Mrs. Freund	Mon, Thurs, Fri
2 nd	Mrs. Vaccacio	Mon, Wed, Thurs
2 nd	Mrs. Milde	Tues, Wed, Fri
2 nd	Mrs. Quinty	Mon, Tues, Fri
3 rd	Mrs. Perhacs	Tues, Wed, Thurs
3 rd	Mrs. Ralston	Mon, Wed, Fri
3 rd	Mrs. Graba	Mon, Wed, Fri
1 st -3 rd	Mrs. Montgomery	Mon, Thurs, Fri
4 th	Mrs. Kaufman	Mon, Wed, Thurs
4 th	Mrs. Schmehr	Tues, Wed, Fri
4 th	Mr. Start	Mon, Wed, Fri
3 rd -4 th	Mr. Goldsholl	Tues, Wed, Fri

Children must wear tied sneakers in decent condition. All those boys and girls with shoulder length hair should wear it tied back. Jewelry is not allowed. Comfortable Clothing is recommended. Having fun is a must!



Vocabulary Words

Sportsmanship
Respect
Effort
Fitness
Goals
Health
Strength
Good Character