

September PE Newsletter Info.



by amkay

Pros: In the summer Crocs are a great alternative to flip-flops, sandals, or going barefoot because they provide more support and protection, allow the feet to breath, and many have antibacterial properties that can help promote foot health.

Cons: During the school year crocs are not recommended because they aren't intended or designed for all-day wear, they may come off during activities because they fit so loosely, and, of course, as the school year moves into fall and winter, the weather can quickly become an issue.

Bottom line? Pack the Crocs away when summer is over.

Family Day – Sept. 24th

Character is who you are when no one is watching.

Empathy means putting yourself in the shoes of the other person. It means understanding how the other person feels.

Ask your child to switch roles with another person the next time there is a conflict between your child and a friend (or between you and your child). Ask him to stop and think how the other person would feel if the roles were reversed. Then ask him to talk about the problem AS IF HE WERE THE OTHER PERSON. "What would the other person say or do?"