

## ANNANDALE TERRACE ES

# Physical Education Newsletter

## “Promoting Good Character in Physical Education!”

PE Web Site

<http://lovepe.tripod.com>

### Upcoming Events

- January 29 - February 1:  Basketball/Ball-handling lead-up skills & games
- February 1st (Friday: AM & PM)
  - \* Jump Rope for Heart Assembly \*
  - > Featuring the AT Jumpers 
- February 4-8: \*Jump Rope for Heart \*
- February 6th(W): National Girls' and Women in Sports Day
- February 11–15th: & February 19-22(T-F): Dance in PE
- February 25 - 29; March 3-7: Dance [PE & Music combo]
- March 4(T): National Sportsmanship Day
- March 12th (Wed.): \*Dance Night 2008\*  
Annandale HS  
– Cafeteria – 6:30-8:30pm



## Jump Rope for Heart

> Coming February 4—8, 2008 <



Jump Rope for Heart has several purposes: to teach our students about having a healthy heart by jumping rope and exercising; allows the non-athletic students to participate and succeed in a team activity; and provides an opportunity for students to take part in a community service project. Students can help make a difference.

Jump Rope for Heart at A.T.E.S. will be held during PE classes during the week of *February 4h–8th*. The classes will consist of a healthy heart lesson and various jump roping skills. How does it work? Participants collect donations, which go towards educating people about heart disease and research to learn ways of preventing and treating heart disease. Students interested will be given permission slips needed in order to participate. Grades 1st –5th may participate.

Students will receive their collection envelopes and permission slips in their Tuesday Folders and may begin collecting donations.

All donations will be due by Friday, February 8th.

Please convert all cash to a check made out to the:

American Heart Association

Thank you for your support.



### JRFH—Raising Money Has Just Gotten Easier

Students can now raise money online for the Jump Rope for Heart fundraiser by sending a personal message to family and friends asking for support of their event. Donations can be made securely online in the form of a check or credit card. All students need to do is logon to [www.americanheart.org/jump](http://www.americanheart.org/jump) and follow five easy steps. When it's time to turn in your envelope, just print out your computer donation report and insert it along with any other money collected. In addition, if you raise at least \$150 online, your name will be entered in a national drawing for a trip to Disney World. All students using the computer donation program are automatically entered for a chance to win one of five gift certificates. Raising funds online is fast, easy and safe!

**Jump for the Health of It ! Jump for the Help of It!**



# A.T. JUMPERS' Performance Schedule

- > Feb. 1st(F): A.T.E.S. Jump Rope for Heart Assembly
- > Feb. 7th(Th): Annandale HS Basketball Game—7pm
- > Feb. 8th(F): Performance: Glen Forest ES
- > Feb. 29(F): Performance: Sunrise Valley ES
- > Feb. 29(F): AT Jumpers Dinner

## Random Acts of Kindness

- Give a big smile to someone who looks sad.
- Tell someone how much he or she means to you.
- Be nice to someone, just to be nice.
- Help your parents with a chore at home, without being asked.



## CHARACTER COUNTS!

(submitted by Mrs. Huggins)

Cooperation is the act of working together to accomplish a common goal. On a team all the players have to work together to try to win the game. Our families must cooperate and work together to be happy and accomplish daily living goals. Even our body has to make all of our separate parts cooperate to live and be healthy.

*"The world must learn to work together, or finally it will not work at all"*

-Dwight D. Eisenhower (34<sup>th</sup> President)

## Responsibility

Do what you are supposed to do • Persevere: keep on trying! • Always do your best • Use self-control • Be self-disciplined • Think before you act — consider the consequences • Be accountable for your choices

## National Girls' & Women in Sports Day

> Wednesday, February 6th <



A day to commemorate the accomplishments of female athletes and to highlight how, at the end of the day. This year marks the 22nd anniversary for the program. Leadership skills, teamwork, respect for others, responsibility, dedication, and self-confidence are just some of the broad life skills sharpened by those that participate in sports and physical activity.

This year we will celebrate at A.T.E.S. by giving female athletes at our school a chance to sign the A.T. Wall of Honor. Please see Ms. Johnson for more details. Check out the PE Web site for a list of well-know female athletes. This year's

theme is:

**"All In!"**



**Include** everyone—

Support people you don't know, people different than you.



## The Go Healthy Challenge Kids Movement

The **Go Healthy Challenge** is an on-air, online and community-based movement that empowers kids to take the lead in making their lives, schools and communities healthier.

The goal of this **Go Healthy Challenge** is to engage at least 2 million kids to take the **Go Healthy Pledge** ([www.igohugo.org/](http://www.igohugo.org/)) to eat better and exercise more.

Get active and become a **Go Healthy Champion**.

Also, Check out:

[www.nick.com/letsjustplay](http://www.nick.com/letsjustplay).

## LIGHTS! CAMERAS! ACTION!



**LOVE  
YOUR  
HEART!**

