

# Hornet Health and Physical Education Newsletter

December 2024



Issue 2

## Introduction

Welcome to the second edition of the Hornet Health and Physical Education Newsletter for the 2024-2025 school year!! In this newsletter, we will provide you and your family with important information regarding health and physical education classes (HPE) at James J Flynn Elementary School. We will review what we did in class and provide ideas for you to further these lessons at home. Mr. Marcus shares an important announcement. Finally, we will provide you with contact information for your students' health and physical education teacher. Now let's get moving!!



## Important Reminders

Please remember to have your student wear sneakers that tie on physical education days. As the weather gets colder, we understand that students may want to wear boots to school. If they do, please make sure to pack sneakers for them to change into on their physical education days. If you have any questions, please contact your HPE teacher.



# Physical Education

## What We Are Doing Now

- Kindergarten, First and Second Grades: Scooter Games
  - Forwards, Backwards, or on your stomach!! Students are learning how to ride a scooter in many different ways. They have even played winter themed scooter games!!
- Second, Third, Fourth and Fifth Grades: Hockey
  - MORE GOALS!! Students are learning all about hockey!! We work on dribbling, passing, shooting, offense and defense!! Many classes participated in a hockey tournament!!

**SAVE THE DATE!!**

**FAMILY FITNESS NIGHT IS FEBRUARY 5, 2025!!**

Come exercise with the Flynn PE staff and play some of your favorite games after school!!

Additional information to follow.

### James J Flynn Health and Physical Education Department Contact Information

<a href="#">Jenny Babyak</a> - Extension 28445 <a href="mailto:jennbabyak@paps.net">jennbabyak@paps.net</a>	<a href="#">Adam Marcus</a> - Extension 28445 <a href="mailto:adammarcus@paps.net">adammarcus@paps.net</a>
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# Health

## What We Are Doing Now

- Kindergarten, First and Second Grades: Tobacco and Vaping
  - Students have been learning about the effects of tobacco and vaping on the body. They learned all of the reasons to just "Say No!!"
- Third and Fourth Grade: Alcohol
  - Students have learned about alcohol and the impact it has on the body. They also learned the many reasons to say no to drinking alcohol
- Fifth Grade: Diseases
  - Students are learning about diseases and how they impact the body. Many students completed a project where they researched different diseases. .

## Health and Physical Education at Home

- Continue the conversations that we have in health class. Talk with your students about what they have learned. Discuss what they are talking about with their health teachers.
  - Ask them about the sports and games they played in class that week. Have them show you the skills they learned!!
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### *From the desk of Mr. Marcus*

Last June, my wife gave birth to our daughter Elaina. As any parent, I am given the opportunity to take time off of work to spend with my baby girl. I will be taking my paternity leave beginning January 6, 2025 and returning March 2025. There will be a long term substitute teacher during this time. If you have any questions, please feel free to reach out.

I appreciate your understanding and look forward to returning to school in March!!

*Mr. Marcus*

*Have a happy holiday season and a great winter break!!*



# PICTURES FROM PHYSICAL EDUCATION CLASS

