***Hazelwood Elementary***

***Physical Education Winter Newsletter***

**March 3 - Last Day to Turn in Money for Jump Rope for Heart**

Remember Hazelwood families that the last day to turn in money for Jump Rope for Heart is March 3rd and we will have our final day of jumping on March 4th.  All money raised goes to help the American Heart Association.  Thanks for synergizing together to help others.

**Welcome Ms. Parker!**

We are happy to welcome Ms. Parker to Hazelwood for the Spring Semester.  Ms. Parker is in her final semester at Western Carolina University, where she will earn her Bachelors in Health and Physical Education.  After completing the semester at Hazelwood and graduation from WCU, Ms. Parker hopes to stay in Western North Carolina and find a physical education position of her own.

**Physical Education “WIGS”**

This semester we are working on incorporating writing into physical education.  This wildly important goal directly supports our school improvement plan.  Students will be participating in different activities including writing workout plans, creating their own game and writing the rules, and reflecting on social interaction during physical activity.  Thanks for your continued support of Hazelwood Elementary

**Check out these Resources!!!**

*WEBSITES:*

[**www.gonoodle.com**](http://www.gonoodle.com)

[**http://www.letsmove.gov/get-active**](http://www.letsmove.gov/get-active)

*APPS:*

Runbit (available on IOS or Android)

Sworkit Kids

*“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”*

*John F. Kennedy*