

SPECIAL
POINTS OF
INTEREST:

- **RICK STODDARD**
- **PHYS ED UPDATES**
- **HEALTH EDUCATION**
- **BREAKFAST BRAIN POWER**

7th Graders Welcome Anti-Tobacco Speaker

Rick Stoddard

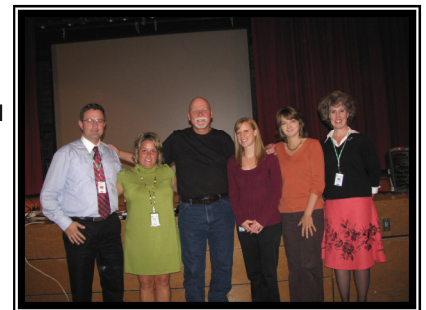
Anti-Tobacco speaker, Rick Stoddard, presented his Anti-Smoking and Anti-Tobacco message to all students in grade 7 on Wednesday, October 8th. Mr. Stoddard talked to the youth about the dangers of tobacco use and the manipulative marketing tactics of the tobacco industry. His ability to reach students of every level, hold their attention, motivate thoughtful questions, and hopefully, change behavior is truly inspiring.

At age 46, Rick's wife, Marie, died from lung cancer caused by cigarette smoking. Rick has shared his emotionally-charged story on TV and radio public service announcements. "I guess I never thought of 23 as

middle aged." ...Super Bowl 2001 His mission is to reach as many youth and adults as possible across America about the dangers of tobacco use. Rick and Marie's story has reached over 1,200 schools and 800,000 students from across the country.

The assembly was sponsored by the **Tobacco-Free Healthy Schools** program and the PTA. The Tobacco-Free Healthy Schools Program provides resources and support to schools in Saratoga County seeking to develop, implement and enforce an effective, tobacco-free, school policy. The program is funded by the New York State Tobacco Control Program. Shenendehowa has been participating in this program for over 2 years,

and adopted a new, more comprehensive, anti-tobacco policy last year. One key component of a comprehensive school policy is education for staff, students, and the school community. Mr. Stoddard reminded students to tell family and friends that Shenendehowa is a 100% tobacco-free school, and that there is no tobacco use by anyone, at any time while on school grounds.



Committed to Excellence

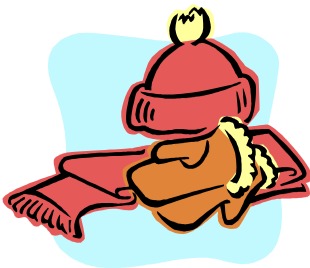
Rebecca Carman, Shen's Academic Administrator for Health and Physical Education, has been named the "2008 Amazing Person" by N.Y.S. Association for Health, Physical Education, Recreation and Dance. This is one of the highest professional awards that the organization bestows. It honors individuals who have made exceptional contributions to the profession. According to Ron Burke, the organization's Health Section President, "Becky is an exceptional educator, administrator, wife and mother. She has accomplished more in ten years than most accomplish in a whole career. Her energy is endless and her enthusiasm toward the field of health and physical education is contagious. Becky is truly amazing and was far and away our very best candidate for the NYSAPERD Health Section Amazing Person 2008."

High School Happenings

High School East

Physical Education is off to a wonderful start! To begin with, as a staff we would like to say, "It was great to see everyone who joined us at our Open House presentation as we anticipate an excellent '08-'09 school year!". We are currently running our first set of units including electives such as Football, Ultimate Frisbee, Archery, & Tennis.

Please note: As we move into October, students will still be going outside as long as it is not raining. Therefore, **STUDENTS SHOULD BRING IN WARM CLOTHING** (sweatshirts, pants, hats, and gloves) **IN ORDER TO HAVE AN ENJOYABLE EXPERIENCE IN THESE NEXT SET OF ELECTIVES**. Those electives include: Tennis, Rugby, Soccer, and Archery. We encourage you to ask your son/daughter about their experiences so far in Physical Education!



HAVE FUN AND GET INVOLVED with INTRAMURALS!!

(CAN BE USED AS A MAKE-UP CLASS)

- Coach Dochat & Coach Weeks: AFTER SCHOOL - Weight Training!
- Coach Mull: NEW GYM: BEFORE SCHOOL – Anything and everything!
- Coach Coddington: MAIN GYM: BEFORE SCHOOL: Volleyball!

DOUBLE CHECK WITH TEACHERS FOR DATES!

*** REMEMBER ALWAYS LOCK UP PERSONAL BELONGINGS & VALUABLES IN LOCKER ROOMS ***

~ COACH CODDINGTON



Visit us on our website at www.shenet.org/district/academicdept/PE/pe.htm

Elementary Excitement!

At **Arongen Elementary**, coaches Kathy Frederick and Christie Burns, will be holding a school wide Apple Pumpkin Run on November 5th. Parents are welcome to come and run or cheer their children on!

Coach Aliana Fersch kicked off the year with soccer at **Chango Elementary** and will be finishing up the fall season with a football unit.

Homespun Community Dancing came to **Skano Elementary** for a week in September. Coach Ryan Fenton stated, "The students had a chance to learn about traditional dances and music from around the world. At the end of the week, we had a school-wide dance which was a tremendous success."



For many of the 4th and 5th grade students in the district, October marks the month where intramural programs will begin. Different activities are offered, before or after school, giving kids a chance to enjoy physical activity outside of the classroom and to help increase their fitness levels. Starting in November **Karigon and Orenda Elementary** will offer an Ice Skating unit at Clifton Commons after school on Wednesday from 2:00 - 3:00 p.m.

Middle School Makeover

In efforts to better comply with NYS requirements, the 2008-2009 school year marks a first for the middle school physical education teachers and students. Starting in September, rosters were no longer marked with single sex students but rather changed to a co-ed roster.

Academic Administrator, Becky Carman, along with the middle school teachers, are excited about

this transition and believe the benefits will be long lasting. "The goal is to give each of our students the best chance to enjoy physical activity while feeling comfortable and challenged in the process. We have seen some positive interactions in the first month of school," stated teacher Juan de la Rocha.

At times throughout the year, students will have the opportunities to


choose from elective activities. The hope is to give each child a sense of ownership and further enjoyment in physical education class.

Fall Intramurals:

- Field Hockey / Football / Cross Country
- Basketball / Handball

Breakfast Brain Power

It's important for kids to have breakfast everyday, but what they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kids' attention span, concentration, and memory—which they need to learn in school. Research also has shown

 **Breakfast Basics**

Make breakfast a family meal whenever you can: Shared meals provide valuable opportunities to reconnect. And they're usually healthier too!

that kids who eat breakfast get fiber, calcium, and other important nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

Shenendehowa Central Schools

970 Route 146
Clifton Park, NY 12065
Academic Administrator for
Health/Physical Education:
Becky Carman
(518) 881-0310 x61698

Questions about this Newsletter?

Contact:
Carley Amedore
(518) 881-0530 x42553

In Shenendehowa, the Physical Education Program endeavors to guide students in positive directions, enabling them to develop competence and confidence in physical abilities. It is our belief that this competence and confidence will eventually culminate in a desire to participate regularly in physical activity because it has become an enjoyable part of their lives as children and young adults.

The philosophy of the Shenendehowa Physical Education Program is to develop physically, educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthy, physical activity.

Shenendehowa Central School District Health Education Department

Health Education instills the skills and knowledge necessary to enhance the health and wellness of self and others across the lifespan. Drawing on knowledge and health issues from the biological, environmental, psychological, social, physical, and mental sciences, students are given the opportunity to apply essential skills to reduce health risks and promote wellness.

<http://www.shenet.org/high/hsacaddept/Health/HealthEdIndex.htm>



Mark Your Calendars...

The *Health and Wellness Fair* will be on **March 12, 2009** at High School East from 5:30 - 7:30 p.m. There will be free health screenings, giveaways, and local vendors to educate the community