

SHENENDEHOWA
CENTRAL
SCHOOLS

Physical Education & Health Department

Special points of interest:

- Phys Ed Updates
- Health Education
- Healthy Living



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Learning Through Movement

The "Early Show" on CBS recently featured a special on how new studies suggest that exercise can help your brain to function better and that may have important implications for kids. Here is what some of the researchers had to say...

According to Dr. Debbye Turner Bell, researchers are finding that exercise can do more than keep you fit; it can also make you smarter. One school in the state of Illinois has developed a program that gets kids moving and learning.

"We're putting kids in P.E. class prior to classes they struggle in and what we're doing is we're finding great, great results," said Paul Zientarski, who helps run a learning readiness program at Naperville Central High School in Illinois. The program was started in response to research showing a link between exercise and increase brain function. He says that he has seen the results.

"Kids who took P.E. before they took the math class had double the improvement of kids who had P.E. afterward," Zientarski,

explained.

"Exercise optimizes the brain and the person for learning. It creates the right environment for all of our 100 billion nerve cells up there," said Dr. John Ratey, a professor of psychiatry at the Harvard Medical School and the author of "Spark," a book that examines how our brains change when we exercise.

"It produces those growth factors, one of which is called BDNF and I call miracle grow for the brain or brain fertilizer which helps the brain cells stay alive, live longer and it helps the learning process," Ratey said.

Ratey cites studies showing that exercise promotes the growth of new cells in the hippocampus, an area in the brain associated with memory and learning. "Exercise promotes more than anything else we know the growth of new brain cells," Ratey said.

Naperville CHS has embraced the idea that working out helps a child learn. There you can find exercise and equipment in some classrooms.

"Their bodies are moving and their brains are thinking and they're engaged— not sitting still trying to memorize something," said Maxyne Kozil, a

reading teacher, who believes that kids learn best when they're moving.

An example of this is having a student work on her vocabulary while standing on balance boards.

Rather than wearing them out, kids say that exercising before class and moving during class makes the school work seem easier.

"I feel more focused because I just did something that makes me focus more," said student Jessica Terry.

"What's ironic is that some schools have cut back on P.E. in favor of academics when actually research is showing that physical exercise is exactly what kids need in order to excel," Bell said.

Mark Your Calendars...

On **March 12th**, Shenendehowa will be putting on its annual **Health and Wellness Fair**. The event is open to the public and will take place in High School East from 5:00 - 7:30 p.m. There will be free screenings, activities, and vendors that will be there promoting healthy living!

Elementary Entertainment



On December 23rd, **Arongen Elementary** held its annual Holiday Gymnastics Show. Fifty 4th and 5th grade students from intramurals demonstrated routines to all kinds of holiday music. The Arongen staff did their own routine to "All I Want for Christmas is You!" The High School Varsity gymnastics team ended the show with an impressive demonstration of all the skills they use in their competitive routines.

Chango Elementary students have been busy this winter with fundraising for the

American Heart Association by Jumping Rope for Heart. They also had a chance to do some disco bowling! The 5th graders showed off their skills before Winter break when they took a field trip to Spare Time bowl.

Karigon Elementary will be welcoming Michael Yuhasz from Adirondack Martial Arts. Yuhasz has volunteered to come into P.E. classes and teach lessons on self-defense techniques, flexibility, counting in Korean, martial arts agility drills, and a character education piece.

Starting this spring, **Arongen, Shatekon, Skano, and Karigon** elementary schools will be participating in "Kids Are Runners Too!" (K.A.R.T.). This exercise program is designed to motivate children to increase their commitment to physical activity. This five week walk/run program will take place during and after school with the designated physical education teachers.

Middle School News

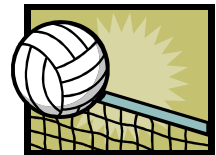


The **Health Department** had the sixth graders busy studying advocacy to finish up the second quarter. The children researched, planned, and presented information focusing on using safety with their peers. Did you know that unintentional injuries are the #1 killer of teens in America? The third quarter will have classes learning how effective communica-

tion skills can improve their health.

Green Gym physical education classes have been hard at work monitoring fitness levels through fitness testing and challenges. The students had the chance to assess their fitness levels and talk about positive ways to stay active. The sixth graders are currently in their volleyball unit where they

are learning and practicing a variety of different skills and drills.



A Job Well Done!

Congratulations to High School East physical education teacher **Coach Deb Mull**. Coach Mull has been recognized as a recipient of this year's Honorary Lifetime Membership Award.

Back on November 12, 2008, health teachers **Nicole LePage** and **Jess McDonnell** represented Shenendehowa at the Tobacco Coalition Awards. This is where our school district received an award for its Comprehensive Tobacco Free School

Policy and the Resolutions Supporting Tobacco Ad-free periodicals. The Southern Adirondack Tobacco Free Partners honored Shenendehowa with these recognitions!

Coach Pat Seligman, a physical education teacher at High School East and the senior class advisor, has a worthy fundraiser in the works. For the second year in a row, there will be a campaign marching through campus. On February 13th, those who purchased a t-shirt will go "Pretty in Pink" to

support breast cancer awareness. All proceeds from the t-shirt sale will go to the Susan G. Koman Breast Cancer Research Foundation.



High School Happenings

The SFA Senate hosted its 1st annual TEAM HANDBALL tournament at High School East on January 26th, 2009. It was wonderful to see the students using team strategy and skills they had learned in Physical Education class, which was well received by both players and spectators.



Coming Soon this Spring...
The illustrious SFA Dodgeball Tournament!!

ANNOUNCEMENT:

Coach Coletta and Coach Dochat's exhilarating Volleyball Intramurals will start after February Break in the Main Gym - Listen for Details on the Morning Announcements!

Remember: Coach Mull's Intramurals are always on Tuesdays and Thursdays in the New Gym!

We are extremely excited to start our new courses for the 2nd Semester!!
Find out which Track your son or daughter is involved in for the rest of the year:

SECOND SEMESTER 2008-2009

<u>Track 1</u>	<u>Track 2</u>	<u>Track 3</u>	<u>Track 4</u>
3.5 Weeks	3.5 Weeks	3.5 Weeks	3.5 Weeks
Combative Games	Basketball	Basketball	Cooperative Games
3.5 Weeks	3.5 Weeks	3.5 Weeks	3.5 Weeks
Volleyball	Volleyball	Volleyball	Volleyball
2 Weeks	2 Weeks	2 Weeks	2 Weeks
Dance	Dance	Dance	Dance
3.5 Weeks	3.5 Weeks	3.5 Weeks	3.5 Weeks
Pickleball/Tennis	Track & Field	Lacrosse	Football
3.5 Weeks	3.5 Weeks	3.5 Weeks	3.5 Weeks
Target Sports (Bocce, Shoes, Golf)	Softball	Pickleball/Tennis	Softball

* Please Note that Elective Courses and Teachers are subject to change within the elective.

Want to know what is going on in **High School West** physical education? Well the answers are just a couple of clicks away. Log onto www.webstpe.edublogs.com, to find out units that have been completed, units that are currently being done, and even future high school P.E. plans. All parents and students are welcome and encouraged to log onto the district's website to find links to these specific websites.

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Childhood Sleep: Waist or Waste?

Sleep has something to do with my child's weight? You're kidding right?

No were not kidding! In fact, recent research shows inadequate sleep greatly increases the likelihood your child will fight the battle of obesity as they grow. Here's what the research reveals: in children ages nine to twelve years old, as little as one extra hour of sleep per night more than the average required could decrease their risk of obesity by as much as 40%.

Losing Sleep

As many as 15 million children in the U.S. (one in four) have difficulty sleeping-because of this, they're being put at risk for want of something that comes naturally and costs nothing. As with adults, problems with falling asleep can vary. It may be a matter of taking too long to fall asleep, a result of pain and/or medication taken for acute or chronic illness, internal clocks being out of sync with normal hours of daylight and darkness, or life schedules that just don't allow enough time for sleep.

Weight is Not the Only Enemy

When it comes to children not getting enough sleep, weight is not the only problem. Observable symptoms of sleep deficit look much like ADHD, and it's now believed these two conditions may amplify the effects of one another. Mood disorders in both older and younger children have been tied to insufficient sleep. Too little sleep also subjects children to learning difficulties, poor concentration, depression, and a predisposition to chronic disease.

The Battle For Your Thirst

The battle to quench your thirst seems to have escalated into an epic war against the need for liquids, and you-the consumer-seem to be caught in the middle. With so many options to fight dehydration, how do you choose which drink is right for you?

Water

Water is our most important nutrient. Apart from being involved in nearly every major bodily function, nearly 50% to 70% of your body weight comes from water. If you weigh 150 pounds, just a 3-pound loss of water can impair your performance. With such a water loss, you may become weak and tired, and have difficulty focusing on your work.

Advantage: You need water to live. It is the basis of all life.

Disadvantage: It has virtually no taste.



Sports Drinks

Sports drinks are a combination of water, carbohydrates, and electrolytes such as sodium and potassium.

Advantage: They offer a great alternative to water for high performance athletes, who exercise for at least 60-90 minutes at a time. Sports drinks help to quickly replenish electrolytes that are lost during a strenuous activity such as

speed cycling or marathon running.

Disadvantage: Most sports drinks contain between 50 to 80 calories per 8 oz. serving (most products have more than one serving per bottle). Drinking several bottles a day can cause weight gain.

So, which drink is right for you? Take time to read product labels to find out what ingredients are included. Try to limit both calories and caffeine when choosing your sports drink. If you are a casual exerciser, it is recommended that you avoid most sports drinks because of the calories they contain- water will do the trick.