



**Becky Carman**  
Academic Administrator for Health and Physical Education  
K12  
Shenendehowa Central School District  
970 Route 146  
Clifton Park, NY 12065  
(518) 881-0310

## Shenendehowa Community Relay For Life scheduled for June 7<sup>th</sup>, 2008

Residents throughout the Shenendehowa Community will again come together Saturday, June 7<sup>th</sup> to honor cancer survivors and pay tribute to those who have lost their battle with the disease. The Relay for Life of the Shenendehowa Community will kick off with a Survivors' Lap at the Shenendehowa High School track at 7 p.m. Registration begins at 6 p.m.

Attendees will participate in an overnight community celebration where teams camp out, barbecue, and walk around the track "relay style" to

fight cancer.

Perhaps the most poignant portion of the event begins at about 9:30 p.m. with the Luminaria Ceremony, in which individually dedicated candles are lit by those looking to remember loved ones they lost and honor those who survived their bout with cancer. Participants will line the track and light the "path of hope" during the ceremony.

The Relay will end Saturday at 7 a.m. with a closing ceremony.

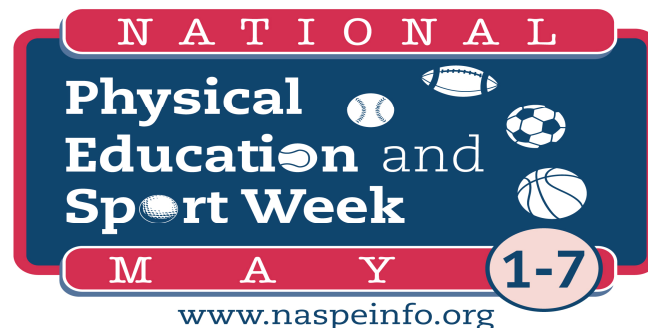
The event is open to any who would like to attend, and donations can be made throughout the evening.

Contact Billy Piskutz at (518) 454-4009 or log on to <http://events.cancer.org/RFLshenendehowaNY> for more information about this year's event.

## Moving is a Learning Experience

Each year the District and Public Relations Committee of the National Association for Sport Physical Education (NASPE) develops special integrated activities for teachers and their students to do during National Physical Education and Sport Week, May 1-7. NASPE leaders and staff encourage all K-12 physical education teachers to take advantage of these wonderful resources to showcase your quality sport and physical education programs in your school and community.

The theme, "Moving is a Learning Experience," was chosen because of the increasing interest in the link between physical activity and academic achievement. The daily activities have been designed to integrate physical activity and various academic content areas. All activities were developed to meet national and state standards for physical education.



**Last month Shenendehowa 6th graders participated in Hoops for Heart and raised \$4712.00.**

The **2nd Annual Health & Wellness Fair** was a great success! There were over 30 local vendors that participated to educate community members and students about their Health & Wellness. Thank you to all of the vendors and teachers who participated in making Health a priority! - Nicole LePage

# Inside the Gymnasium

**High School East** students are finishing up the year with tennis and softball.

Volleyball intramurals are held in the main gymnasium everyday before school.

Basketball intramurals are held in the new gymnasium every Tuesday, Wednesday and Thursday morning before school.

Weight training intramurals are held everyday after school. - Coach Mull

**Skano** is currently involved in our track and field unit. We plan to end the year with bonkerball, ultimate frisbee, and capture the flag. We're very excited for our cooperative games field days in June. Our most exciting news is our rock wall that is getting installed on May 29th! Thank you to the fund raising efforts of Skano student council and PTA. -Coach Fenton

**Okte** is in the 3rd week of our Track and Field Unit preparing for Field Days which is 5/27-5/30. Before Track and Field, we had our Bowling Unit and after Track and Field we will be working on various activities involving kicking, striking, hitting, and throwing & catching.... for example Lacrosse, Softball, Kickball, and Bonkerball. -Coach Fersch

**Orenda, Okte** and **Chango** are all currently in the track and field units and are all preparing for their upcoming field days. -Coach Louis

**Shatekon** is currently preparing for this years Field Day by going over all the fun games and activities that are planned. -Coach Thompson

Currently, students in **Ms. McDonnell's & Mrs. Preston's 8<sup>th</sup> grade health classes** are developing their stress management skills! In this unit, students learn about the benefits of using positive strategies to cope with stress, as well as the dangers of using negative strategies to cope with stress. Each student will then have the opportunity to personalize the skill of stress management. They will examine their own positive and negative stressors. Next, they'll investigate their current strategies for dealing with stress. Students will attempt to match their current stressors to coping strategies that deal appropriately with the specific stressors. Lastly, students will examine current expectations placed on them (by self and others) as well as personal strengths and weaknesses. The unit will conclude with a small project on understanding eating disorders.

In the next few weeks, Ms. McDonnell's & Mrs. Preston's classes will have the opportunity to develop their advocacy skills! Incorporating information from the entire semester, students will create a project educating others. This project will require students to research a health issue about which they are truly passionate. Using this passion, they will create a project that will encourage others to promote and adopt positive health behaviors.

**At High School West** we are finishing up the year with softball, tennis and ultimate frisbee. We are ending the year with elective choices to prepare the ninth graders for the elective tracks that they will encounter next year at East. -Coach Canepa

## Middle School

In the **white gym** on the boys side, we are playing lacrosse in class as well as in intramurals. There are baseball intramurals as well. -Coach McQuade

In the **white gym** on girls' side, we are finishing the year with our softball unit.

6th grade boys will be finishing lacrosse next week and start their final unit... baseball. Intramurals currently being offered are; baseball, softball, lacrosse. -Coach de la Rocha

6th grade girls will be finishing the year with softball. - Coach Eggleston

## The Health Department

### From Nicole LePage & Nancy Watkajtys:

Ms. LePage's and Mrs. Watkajtys' eighth grade health classes have just finished researching non-communicable diseases (the leading causes of death in our country) and finding out what fitness habits and dietary behaviors can help to reduce a person's risk. They are now watching the educational version of "Super Size Me" to get inspired to plan and set a goal for themselves that will put them on the road to a healthy lifestyle.

### From Carol Funyak & Nancy Watkajtys:

The 6th grade health classes are currently studying planning and goal setting. The students have assessed their present physical, mental, and social health habits and will be writing a S M A R T (specific, measurable, action-oriented, realistic, timely) health-related goal for themselves. They will then create a detailed action plan, recruit support persons, and build in a reward. Lastly, they will get to work on achieving the goal so they can feel great in 08!