



THE PHYSICAL EDITION

October 2019

<http://tbepe.weebly.com>

TBE Run/Walk Club

kicked off on August 30th

Physical Education

Mrs. Gray

Mrs. Zaragosa

336-3675 ext. 63765

Dates to remember:

Return paper guitar for Nutrition/Exercise Challenge	10/1
Black Creek 5K and Fun Run	10/26
Pizza Day	10/31
Play 60 - 6th grade	10/31
Hog Jog Fun Run	11/16



Don't forget your tennis shoes on PE days!!!! They are required in order to participate

The TBE Run/Walk Club had a successful start on August 30th. Our program will again take place during the school day every Friday. The students will participate during a 30 minute block of time with their entire grade level. Mrs. McQuain, Mrs. Reid, Mrs. Jumps, Mrs. O'Brian and Mrs. Rowe will all be outside helping with Run/Walk

The purpose of the program is to promote physical activity and healthy choices. Participants will run/walk laps around a set course. These laps are recorded and awards are given for every 5 miles completed. T-shirts are awarded at 50 mile increments. Additional awards include mileage tokens, certificates, trophies and medals.

We are greatly in need of parent volunteers to help us scan and collect cards. Parents are also welcome to walk/run with their children.

If you have any question or you are interested in helping with the program, please call us at 336-36750 ext. 63765.

Nutrition Tips

- * Eat a variety of foods from all food groups
- * Foods give the body energy to help you learn and stay healthy
- * Eat meals and snacks that are healthy for the body
- * It is important to drink plenty of water each day (6-8 glasses depending on the amount in the foods you eat)
- * Good website for nutrition information: www.kidshealth.org





Nutrition and Exercise Challenge

- *Complete monthly nutrition and exercise challenge (look at PE website for more info. and for paper guitar)
- *Fill out the paper guitar stating challenge was completed and return to the cafeteria or to a PE teacher
- *Names will be drawn each month for a small prize
- *At the end of the year, one name will be drawn for a bicycle



October Challenge

Exercise Challenge: Can you do a push up? See how many you can do in 1 minute, 3 days a week as part of your 60 minutes of physical activity each day.

Nutrition Challenge: Eat a healthy school lunch during National School Lunch Week October 14th—18th this month.

See page 3 of this newsletter for a copy of the paper guitar to be turned in.

Happy Halloween



Please cut out & bring to the cafeteria each month:

(name)

participated in the 18th Annual
“Fuel Up to Play 60-School Lunch:
What’s on Your Playlist?”

Nutrition & Exercise Challenge for
the month of:_____.

Parent or Representative signature: