



September 2019

August at a glance

In August we went over classroom procedures. We did a lot of cooperative activities to meet new friends and unite with old friends. We also fit in some health literacy. In addition, in grades:

K-3: We spend a lot of time on sportsmanship and moving safely among each other.

4th-8th: We looked at the strengths of our classmates and using those strengths to accomplish a task. We also talked about personal hygiene (deodorant).

Pennants in the Gym



Show your pride in your alma mater. Donate your college pennant to be hung in JMCA's Gymnasium. Pennants need to be a standard sized felt pennant (12"x30"). Coach Butler has started it off with his alma mater, The University of Northern Colorado. **GO BEARS!**

Check out www.jmccolorado.net to see if we have your alma mater before you donate. Click on "Staff" → "PE" → "Pennants" tab.

What is next? September

We will be finishing our soccer unit in early September. We will then begin our football unit.



Shoes for P.E.

Please have your child(ren) wear sneakers to PE. I am seeing a lot of dress shoes being worn. Students with incorrect shoes will not be allowed to participate due to safety concerns.

Benefits of a Proper Shoes:

Having proper shoes can help protect your child against common injuries. Good shoes can lessen the impact of a step, cushion the foot from heavy landings, and allow for quick directional changes.

Foot Injuries and Shoes:

Improper workout footwear can cause a number of injuries. Injuries can consist of ankle strains, fractures, bunions, and corns.

Seasonal foods to try in September

Vegetables

- eggplants
- pumpkins
- tomatoes
- spinach
- lettuce

Fruits

- grapes
- pomegranates



🩹 Injury or Illness 🩹

If your child has a doctor's note restricting P.E., please send us a copy of the note.

Contact information

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