

# November P.E. News

## Elmira Elementary

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## Google Classroom

### Virtual Online PE

We aren't able to do PE while the kids are at school yet, but there are lots of PE choices in their Google Classrooms. They can access this from anywhere. Exit Tickets and Activity Logs can be turned in from their online classroom each week, or brought to school in their packets. I am only able to grade participation.

Class Code for K-3= zhqx5lt  
Class code for 4th grade= s4advvh  
Class code for 5th grade= em4wyfn



Elmira Elementary is holding Zoom Conferences for the 1<sup>st</sup> quarter on November 16<sup>th</sup> & 19<sup>th</sup> from 3:30-7:30pm. Use this link to sign-up for a 10 minute PE conference if you would like one.

<https://signup.com/go/jVyakiz>

## CATCH T-shirt

CATCH Day is the first Tuesday & Wednesday of each month. Still need a CATCH shirt? Click [here](#) for a t-shirt order, or you can place your order online at

<https://elmirapta.new.memberhub.store/store>



## Health Tips

### Get Outside & Go

Stay healthy by getting regular exercise and spending time with family. Go outside and toss the ball around. Join your family on a stroll through the park while you pick out your favorite leaves. Whatever it may be, doing 30 minutes of regular exercise will keep your mind, body, and heart happy and strong!

### Great Tips

1. Stay active together and get outside.
2. Drink enough water.
3. Brush your teeth twice a day & floss.
4. Encourage a well-balanced diet.
5. Follow a bedtime routine.
6. Wash your hands often.