



October PE News Elmira Elementary

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Virtual Online PE

We haven't been able to do much at school with PE, but kids are rocking it at home! I love hearing about what they are choosing, and it's great getting all of their new ideas to add to their Google classroom slides.

Class Code for K-3 = zhqx5lt
Class code for 4th grade = s4advh
Class code for 5th grade = em4wyfn

CATCH DAY

Our first CATCH days are coming up on October 6th & 7th. Kids will be getting some extra fitness at school on those days and learning a nutrition lesson. We encourage kids to wear their CATCH shirts if they have them. We will be doing some drawings for EES water bottles, EES pedometers, and CATCH shirts. Click [here](#) for a t-shirt order.



How You Can Help

Fall Exercise Ideas

- Rake leaves
- Make a scarecrow
- Visit a pumpkin patch
- Bike rides
- Go on a hike
- Stack wood
- Make apple cider



Help your child learn a very important skill of tying their own shoes! Sometimes it is helpful to use 2 different colored laces.

Great video to help your kids learn tie their own shoes:
<https://www.youtube.com/watch?v=py99ND-qs1E>



Health Tips

There is no proven way to "boost" the immune system, but it is important to keep kids' bodies healthy so their immune systems can work properly. Here's some great tips:

- getting enough sleep
- maintaining a healthy diet
- managing stress
- exercising
- making time to laugh
- emphasizing hand washing

All of these tips can help reduce your child's risk of getting colds, flu, and other infections.

