



NEWSLETTER

NOVEMBER

PHYSICAL EDUCATION

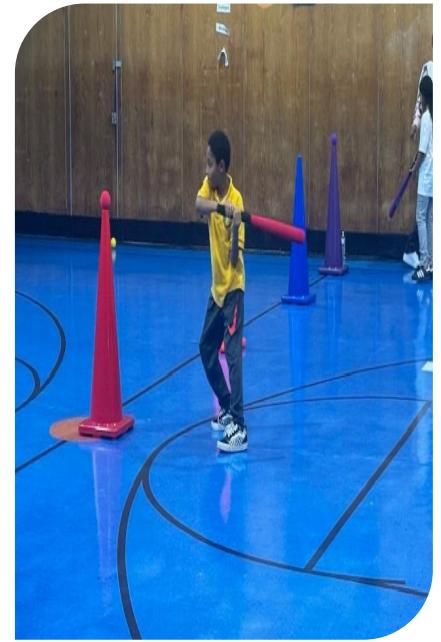
Grades K to 2

We continue to work on a variety of **locomotor skills**, including **walking, running, hopping, skipping, galloping, chasing, fleeing, dodging, jumping, and landing**. Our activities are designed to incorporate and strengthen these essential movement skills.

Grades 3 to 5

Students are learning baseball skills through the **New York Mets Fun At Bat (F.A.B.) Program**, which integrates social-emotional learning and character development. This program emphasizes **self-control, teamwork, and sportsmanship** through non-competitive play and skill-building activities. We are currently learning the proper techniques for **pitching (both underhand and overhand throwing), batting, running the bases, T-ball**, and understanding the **rules of a baseball game**. We are also participating in team activities that incorporate baseball skills.

SKILLS Yaureibo practicing Batting Skills!



SKILLS Canan working on his swing.



HEALTH EDUCATION

In our **Mental and Emotional Health Unit**, we continue to explore important topics such as:

- **Identifying and Expressing Feelings** – Enhancing emotional literacy through activities & strategies that help students recognize and communicate their emotions.
- **Kindness Matters** – Engaging in acts of kindness and compassion to build empathy and foster a caring classroom community.
- **Creative Journaling** – Encouraging self-expression through art and writing to process emotions and reflect on personal growth.

