

October News 2026

Physical Education & Health

What's Happening This Month In Physical Education

Grades K to 2

Locomotor skills – skipping, hopping, galloping, jogging, side-sliding, etc.
Directions- up, down, right, left, right
Levels- low, medium, high
Pathways- Straight, curved, etc.
Extensions- Large, small, near/far

Grades 3 to 5

Introduction to non-competitive, Project Adventure activities, to promote self control, teamwork, and modeled sportsmanship –Moving into The Introduction to Soccer.

A Note From Mrs. Petit

Please kindly fill out the media consent forms that were sent home if you haven't done so. Our students will be participating in many exciting events this year & we anticipate many accomplishments to celebrate. We would like to capture wonderful photos & Memories for our school community.

A Peek At What We Are Learning Health Education

For the month of October our students are learning About Mental & Emotional Health. Topics we will be covering are:

- ☐ All About Me
- ☐ Healthy Friendships/Relationships/Identifying who to trust
- ☐ Identifying Stress/Healthy Techniques to deal with stress.
- ☐ Feelings