

# HEALTH, PHYSICAL EDUCATION & WELLNESS

Wednesday,  
November 29, 2023



## CALENDAR

### JK-8 Health Meeting Dates Elementary School Curriculum

Wednesdays  
1:30 - 2:15PM (biweekly)

### Upper School School Curriculum

Wednesdays  
3:30 - 4:30PM (biweekly)

### Department Meeting Dates:

(Full PD Days)  
1/2/24, 3/5/24

### JK-8 Physical Education Meeting Dates Upper School PE Curriculum Team

Wednesdays  
3:15-5PM (monthly)

### Department Meeting Dates:

(Full PD Days)  
1/2/24, 3/5/24

### CRLS Health/PE Meeting Dates

12/4/23, 1/29/24,  
2/12/24, 3/25/24,  
4/29/24 & 5/20/24

## VISION STATEMENT

Developing Healthy,  
Physically Active  
and Empowered  
Scholars



## Health/Wellness/PE

As the halfway point of the school year approaches, the Health/Physical Education & Wellness Leadership Team is looking for your open, honest feedback to improve and support the department in the best way possible. Please fill out this quick, [anonymous survey](#) by Friday, December 15th to share your thoughts.

Congratulations to **Lauren Schneider** and **Kristen Anglin**, who each welcomed a beautiful baby into their families this November! We wish them all the best on their maternity leave and look forward to all the adorable baby pictures!

If you haven't had a chance to donate to the **H/PE/W Sunshine Fund**, it's not too late! Totally optional, but this fund allows the department to provide gifts for weddings, babies, and bereavements. Suggested donation is \$25, but any amount is appreciated. Please Venmo Libby Case (@LibbyBCase) to participate. Thank you to all those who have already contributed!

## JK-12 Aquatics

Session #2 of the **Elementary Swim Program** has begun. The 4th grade swim unit is underway for Amigos, King Open, and Morse schools.

**Middle-school APE programs** from CSUS and PAUS continue to visit each month to practice routines and skills in the aquatic environment. Additionally, we are looking forward to the Winter/Spring sessions to schedule upper-school field trips for PE students.

CRLS continues into Q2 with their APE/PE swim course. Students are developing strength and endurance with their swim workouts. Students will also continue to refine swimming skills on their front, back and treading to pass the CRLS swim assessment!



Warrior Ice Trips.  
Read the story  
on page 2.

## JK-8 PE

### Warrior Ice Field Trips

Cambridgeport and MLK had their first 2nd grade skating field trips to the Warrior Ice Arena. Big shoutouts to Steve Lore, Shannon Manning, and Peyton Ryan for their hard work to make sure the trips ran smoothly!

### Curriculum Team

The Upper School PE Curriculum Team will have their first meeting on Wednesday, December 13th from 3-5PM at the CRLS War Memorial. Libby Case and Mike O'Connell plan to meet monthly to review curriculum needs. The integration of social justice standards and updated scope and sequences to reflect student needs. These meetings are open to all upper school PE teachers (and you will get paid for your time) - feel free to attend any meetings you are able to! For more information, reach out to Libby Case.

The Elementary PE Curriculum Team will begin in January 2024 and will focus on cohesive assessment across all elementary schools. Let Libby know if you're interested in participating!

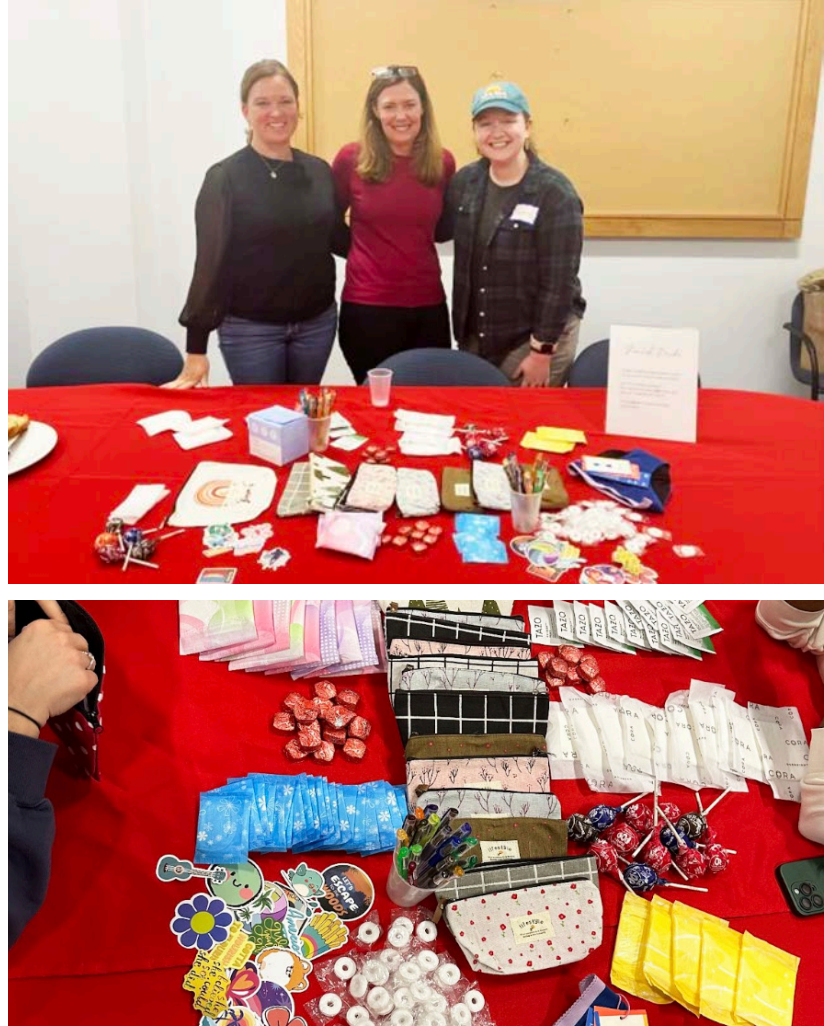


## JK-8 Health

Shout out to Terri and Justin for presenting at the **November 7th PD Day!** [Terri presented](#) on Skills-Based Health and [Justin presented](#) on his new Hygiene Hub.

Liz and Erin from Mpower. hosted an elementary Period Party on the November 7th PD day! Elementary health teachers made their own period packs (with menstrual supplies, chocolate, candy, stickers, notes of encouragement, and more!) to provide students in their schools. Erin and Liz also celebrated Danielle for being a huge supporter of their work at Baldwin and Peabody. Thank you to our rockstar colleague, Danielle! Your commitment to period empowerment has made this partnership so strong.

Elementary and Upper School Health Teachers, keep up the great work! Ariana is currently out on Medical Leave and will be returning on 12/11. She can be contacted remotely. However, for anything major, please reach out to our department clerk, Judy, or Interim Coordinator, Blair.



## CRLS Health / Wellness / PE

Congratulations to the 11th Grade Health Curriculum writing team which recently completed the writing portion of this work! The development and writing process has been going on since February 2022, when the School Committee ratified the course as a graduation requirement for all CRLS students starting in 2024. We are on to our final phase: receiving feedback from students and community members....and celebrating our hard work! This was a long time coming. Much appreciation goes out to Jamie, Caitlin Dube, Shannon Beatty, Ariana Starling, Lauren Schneider, Nicole Read, Sharon Lozado, and Zach Turcotte

Shout-out to Eric Chase who recently finished managing and coaching the **CRLS Unified Basketball Team**. In conjunction with Hunter Broshu, Eric has been working hard at developing and expanding this program. This hard work and dedication was in full-display on Thursday, November 16, when CRLS hosted its second end-of-season tournament for all of the unified basketball teams. If you were there, you know how fun it was! Thanks Eric!

CRLS celebrated its second **'Falcon Pride Day'** on Wednesday, November 22. This is a new version of our former 'Spirit Day'. Our department was well represented: facilitating an every-grade capture-the-flag game, supporting STARS and (of course) playing (all day!) in the student vs. faculty basketball game. The game, by the way, was won by the faculty for the second year in a row – led by captain Tak, his running mate Zach and new ballers Nicole, Corey, and Lucy.