

Keep On Moving

Dear Parents:

Did you know that, according to NYC Center for Health Equity, “children who drink chocolate milk twice a day consume about 80 grams of added sugar each week. This is more than six pounds of sugar per child each school year.” If you haven’t already, check in with your child to see how much chocolate milk they have been enjoying and challenge them to cut down. I hope to encourage your child not only in the gym but also in the cafeteria.

This month students will be learning all about the sport of basketball. They will develop their dribbling, passing and shooting skills. The city of New York has many places to take your child to shoot hoops. So please get outside and catch some sunshine on the courts. We will also be conducting our 5 lessons on H.I.V./AIDS. If you do not wish for your child to participate in these lessons, please return the opt-out letter as soon as possible.

This month the Sunshine Runner’s Club is serving 3rd grade students. It’s never to late to sign your child up, just arrive at 7:15am on Tuesday and Thursday with sneakers and water and we will get moving.

Checkout our runners in 1st & 2nd Grades.



Lastly, let’s help our schools raise funds and get our students moving with the upcoming Jump Rope-a-thon. There’s no better way than to make change and **Keep On Moving** together.

Mr. Scott
Physical Education Teacher