

Health and P.E.



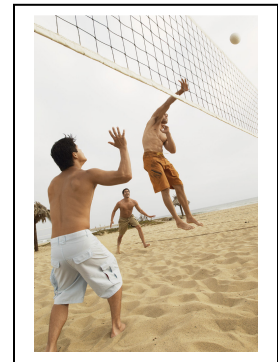
A Note from Mr. Belle

What a great effort the children are putting forth in their quest to Run Across Africa. To date we have traveled 670 miles and have traversed two countries, Gambia and Senegal. We are now well into Mali, which is approximately 1200 miles wide. Mali is one of the poorest countries in the world and its capital is Timbuktu. The population is 11.7 million people and the official language is French.

The children have also inspired the staff to get involved; they are now submitting mileage vouchers to help us accomplish our goal, and hopefully we'll see the same from our community. I'll keep you updated on our progress as we move across Africa. Keep up the good work everyone!

Mr. Belle

10/30/09



Health Ed

Eat color and stay healthy; Orange fruits and veggies are rich in beta-carotene, which is linked to healthy vision and a strong immune system. Greens are linked to maintaining a healthy heart, boosting brain function and improving eye health. Red fruits and veggies (vitamin C) helps strengthen your immune system and keep your muscles and gums healthy. Yellow fruits and veggies benefit your immune system. Blue/Purple foods, help you focus and has much of the same effects as do our red fruits and veggies. And last but not least Brown; nuts and whole grain foods are great for boosting energy and help you feel full and satisfied after a meal, So eat colorfully and stay healthy!

Well Done! A student from Mrs. Staab's 3rd Grade recently competed in the Hunted Shootout Hockey Tournament in Boston, Mass. He plays Left Defenseman for the Green Machine Ice Cats. He's been skating since age 3 and playing competitive hockey since age 5.

Good Job, friend!

