



La Habra City School District

Collaborate • Innovate • Commit • Achieve



Physical Education Newsletter

WELCOME

We are looking forward to an exciting school year in physical education with our awesome students in the La Habra City School district. The *Physical Education Standards* for elementary students focus on current health-related issues facing our youth.

During the school year, we will be emphasizing locomotor skills and concepts. We will be teaching the way in which students should move through space and time and focus on the manipulation of objects with accuracy and speed. We will also be teaching students how to be life-long healthy individuals that understand the importance of health and nutrition.

REMINDERS

Please make sure your child wears the correct shoes and clothing on their school PE day. Optional items include, sunscreen and a hat. A water bottle is highly recommended.

- Arbolita:** Monday
- Ladera Palma:** Monday
- Sierra Vista:** Tuesday
- Las Lomas:** Wednesday
- Las Positas:** Thursday
- El Cerrito:** Friday
- Walnut:** Special Schedule

STAYING ACTIVE

Ideas for staying active as a family

- Monday:** Family bike ride
- Tuesday:** Take an evening walk
- Wednesday:** Play a sport outside
- Thursday:** Have a dance party
- Friday:** Try new nutritious foods

PHYSICAL EDUCATION STAFF

Manny Mejia: I began teaching in LHCS D 4 years ago as an elementary physical education specialist. This is my 7th year as a physical educator. I have experience teaching all levels TK- High School.

Marissa Wink: I started teaching in the LHCS D in 2002. I have been a physical education teacher as well as a math, robotics and intervention specialist at Washington Middle School. I am excited to join the District PE team this year and teach at the TK-6 level.

Bobby Meyers: I grew up in LHCS D. I went to Ladera Palma, Sierra Vista, and Washington Jr. High. I have been teaching 4th and 5th grade at Sierra Vista for the past 19 years. This is my first year teaching PE, and it has been an amazing experience.

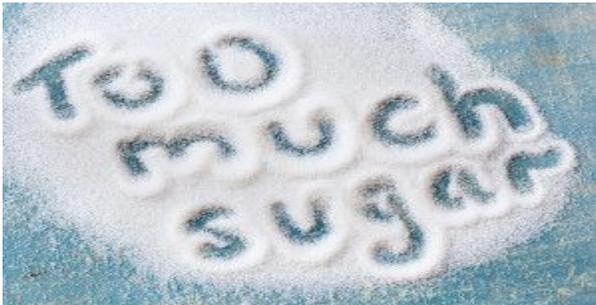
Michael Hyun: This is my 2nd year in LHCS D and I am assigned to Walnut Elementary as part of a grant through the United Way to improve health, wellness, and fitness through Physical Education. This is my 4th year as a P.E. specialist with experience teaching TK-6th grade.

Physical Education Aides: Candace Binion, Bryce Kelly, J.R. Artozqui, Will Mendez, Preston Charles and Jesus Tafolla.



Healthy Eating Tips on Sugar

- One gram of sugar has four calories. Children should not have more than 25 grams of sugar a day. That is equal to 100 calories of sugar.
- Soft drinks have the most sugar of any food or beverage. Children should be drinking more water and less soda.
- Sugar can negatively affect your memory.
- Tooth decay is made in acid made by bacteria that grow in sugar. That means cavities!!!!
- Sugar is often in foods that are high in fat.
- If a child eats too much sugar, it can lead to weight gain or obesity. This could lead to type 2 diabetes.



Healthy Banana Dessert Recipe:

Ingredients:

- 2-4 Frozen Bananas
- Milk (Coconut or Almond)
- Optional: Shredded coconut or nuts

Take 2-4 frozen bananas and put in a blender. Add a splash of coconut or almond milk. Blend until the consistency is of ice cream. Optional toppings included shredded coconut or nuts.

La Habra Community Sports

AYSO (Soccer)

www.ayso-region94.com

The home field for Region 94 is Imperial Middle School in La Habra.

La Habra City Little League & Challenger League (Baseball)

714-529-8951

<http://www.lhcll.com/>

LHCLL also holds a Challenger League, designed specifically for children with special needs. The Challenger League utilizes a "buddy" system, where other Little League players assist the Challenger players on the field when necessary.

La Habra Girls Softball Association

562-691-5447

www.LHGSA.com

Home games played at La Bonita Park

La Habra Pop Warner (Football & Cheer)

562-690-1255

www.lahabrapopwarner.com

The season runs from August to November, with home games played at Esteli Park.

La Habra NJB (Basketball)

laabranjb.com

Practices begin in November, and the season consists of ten games.

Low Income Sponsorship Application

The City of La Habra offers sponsorship opportunities for youth who would like to participate in these sports programs, but because of limited resources, are not able to afford registration. Applicants must meet the federal low income/poverty guidelines listed on the application. A limited amount of funding is available, so requests are filled on a first-come, first-served basis.