

December Fitness News 2019



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- Dance Volunteers & Donations Thank Yous

Mrs. Lynn Kohlwes: Juanita Elementary PE Teacher

ENGAGE YOUR CHILD ABOUT THEIR SCHOOL DAY ASK THESE QUESTIONS ABOUT PE

1. What are some of the activities we did with hula hoops?
2. How many hoops do you need to build a hula hut?
3. Name one of the "line" or individual dances that Gaylen, the Dance Dude taught us.
4. Name one of the partner dances that Gaylen, the Dance Dude taught us.

ANSWERS

1. Clap drops, hula balances, spin a hoop, jump a hoop, hula hooping, hula hoop tag, and building hula huts.
2. You need six hoops to build a hula hut (*see photo on left*)
3. Here are the names of some of the line dances. Macarena, Cupid Shuffle, Electric Slide, Old Town Road & The Peanut Butter Jelly Dance.
4. Partner Dances included the Virginia Reel or Cotton Eyed Joe, Jitter Jog Rock, & Circle Dances



Students from Mrs. Newell's 1st grade class pose in their hula hut.



Miklas, Ben, Ethan, Nick, Jack, & Lynn in Mrs. Capone's 3rd grade class participate in the circle dance.

See page 3 for more dance pictures.



UPCOMING EVENTS AND IMPORTANT DATES

EVENT

DATE & TIME

All School Sing A Long
In the Commons

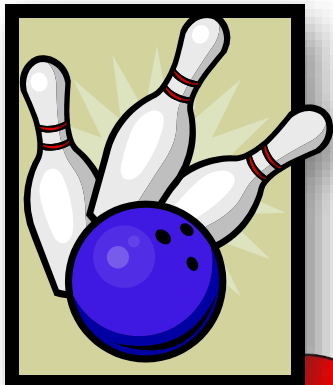
Friday, Dec 20th
(end of the school day)

Winter Break
Back to School

Dec. 21st -January 5th
Monday, January 6th



I Know Where I'm Going Because I Know What I'm Learning



LEARNING TARGETS



All Grades: BOWLING

I can roll/bowl a bowling ball and hit the target (pin).

I follow safety rules while still having fun.

I know the safety rules including how to set up pins, when and when not to bowl, and how to release the ball, and where to stand when I am NOT the bowler.

I understand the "rotation order."

I know the difference between a strike and a spare.

I clean up my space when it's time to go.

K-2nd Only

I understand there are three ways I can bowl the ball (Straddle Bowl, 2 finger bowl, or 3 finger bowl)

3rd-5th

I understand and can demonstrate the proper bowling position for 3 finger bowling.

OTHER IMPORTANT NEWS & INFORMATION

Thanks for all the "dance" support last week. I had over 70 people who donated or volunteered including 39 middle and high school students \ and we had a huge turnout for the evening dance. I have been organizing dances now for 22 years with Gaylen Sauve of GSC Music but this year was one of the best turn outs ever with over 350 people showing up Friday evening.

On the next page of this newsletter is a list of all the volunteers and people who donated food and drink.

My apology if I accidentally left someone's name of the list. I received a lot of last minute donations.



THANKS TO ALL THE DANCE 71 VOLUNTEERS & DONATORS TO OUR ANNUAL JUANITA FAMILY DANCE

DONATIONS OF TREATS

<p>Shawna Lang Courtney Klein Crystal Schindler Tatyana Lagutina Amy Olsen Wendrika Brown</p>	<p>Deanne Dhara Donna Liebich Sulbha Jindal Laura Spencer Robin Echols Monica Kim</p>	<p>Chelsea Mann Dee Spencer Zenaida Rosen Goldie Lucarelli Kelly Warren</p>	<p>Vanessa Ebenger Juan Johnson Kelly Newman Katie Doughty Shannon Martin</p>
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DONATIONS OF JUICE, SODA, OR WATER

<p>Shawna Lang Courtney Klein Hiroko Lipka Tatyana Lagutina</p>	<p>Anastasia Strebkova Dee Spencer Courtney Acitelli Sue Carmouche</p>	<p>Laura Spencer Kelly Newman Chelsea Mann Kim DeMarre</p>	<p>Jennifer Patenaude: Kelly Warren Adriana Negret</p>
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BAGS OF ICE

Juan Johnson

SET UP, CLEAN UP, STATION SUPERVISORS OR TICKET SALES AT EVENING DANCE

<p>Casey Stroh Shawna Lang Juan Johnson</p>	<p>Kelly Newman Adriana Negrete Dee Spencer</p>	<p>Monica Kim Stella Kim Neil Ombremski</p>	<p>AnneMarie Charlot Rochelle Curry</p>
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MIDDLE SCHOOL HIGH SCHOOL VOLUNTEERS

FINN HILL MIDDLE SCHOOL

<p>Adriana Charlot Ajeyah Brown Artur Sokol Audrey Rosen Eleanor Plisson</p>	<p>Ella Schrader Fiona Brennan Jaiden Arnold John Gohol Jude Stroh</p>	<p>Katrina Strand Kayla Curry Logan Clevenger Nathan Main Rohan Smithwick</p>	<p>Rome Harp Rowan Heber Siena Newman Sophie Augustine Vicky Corona</p>
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JUANITA HIGH SCHOOL

<p>Alex Huyhn Angela Do Catelyn Clevenger Madi Witzig Wing Sun Au</p>	<p>Elini Cozza Emily Le Kathleen Pham Vivian Augustine Hao-Chun Kao</p>
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KAMIAKIN MS

<p>Miranda Longmoor Nathan Coppinger Paulina Varela Wing Sun Au</p>	<p>Corrine Hurst Daniel Hall Dishita Soni Iris Deng Lucy Bernstein</p>
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