



# November Fitness News 2019

## INSIDE THIS MONTH'S NEWS

Mrs. Lynn Kohlwes: Juanita Elementary PE Teacher

### Page 1

What Happened in  
PE for the month of  
October

### Page 2

Learning Targets for the  
Month of November

Annual Family School  
Dance

### Page 3

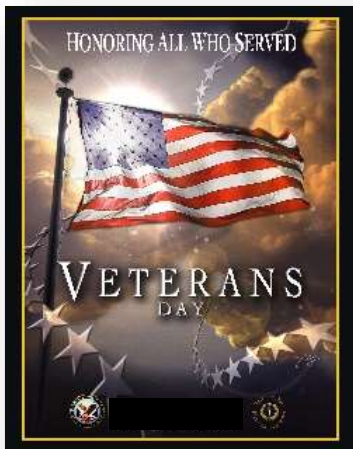
Dance Volunteer and  
Donation Form

## ENGAGE YOUR CHILD ABOUT THEIR SCHOOL DAY ASK THESE QUESTIONS ABOUT CLASS & LEARNING ALL GRADES

1. What fitness tests did you take and what did the test measure?
2. What were some of the games we played in PE?
3. Describe the three ways you can ride a scooter?

### Answers

1. Fitness tests included the following: **Cardio** (timed run, 5<sup>th</sup> grade also performed the PACER test) **Abdominal Strength** (Sit ups) **Flexibility** (toe touch for K-3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> will complete the sit and reach test), & **Upper Body Strength** (Flexed Arm Hang 1<sup>st</sup>-5<sup>th</sup>, & Kinders did the crab walk).
2. We played several “throwing” games which included “Flip The Hoop, Treasure Island, Garbage Can, and Critter Craze
3. The three ways you can ride the scooters is on your belly, pockets, or knees.



## UPCOMING EVENTS AND IMPORTANT DATES

EVENT	DATE & TIME
Veteran's Day Assembly	Friday, Nov. 8th: 2-2:30
Dance Week	Tues-Fri: Nov 12-15
Family Dance Night	Fri Evening, Nov 15: 7-9pm
Thanksgiving Half Day	Wed. Nov. 27 <sup>th</sup> (students out at 12:20)
Thanksgiving Vacation	Thurs-Fri: Nov 28-29





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

LEARNING TARGETS



## LEARNING TARGETS FOR THE MONTH OF NOVEMBER

All Grades

Rhythm and Dance

Hula Hooping Activities

Dance Week with Dance DJ Gaylen:  
November 12-15

Games using Bowling Pins (Hula Hut Knock  
Down, Individual and Team Pin Knock Down

In addition, all grades will finish  
Finish Fitness Testing



## OTHER IMPORTANT NEWS & INFORMATION

### COWBOY RODEO DANCE THEME

**WHO & WHAT:** Juanita Elementary Students and Their Families  
Attend the Annual Juanita Elementary Family Dance Night  
This Year's Theme is Happy Cowboy Rodeo Theme

**WHERE & WHEN** Juanita Elementary Gymnasium:  
Friday Evening: Nov 15th: 7-9pm

**WHY:** It will be a lot of fun!

More Info:

**IF YOU CAN VOLUNTEER OR DONATE SNACKS OR DRINKS** see Page 3



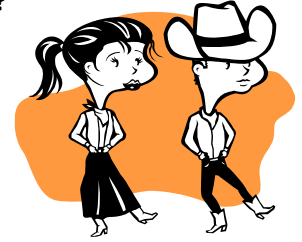
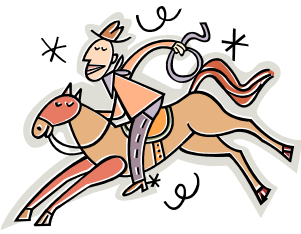
# VOLUNTEERS WANTED PARENTS & GRANDPARENTS

WOULD YOU LIKE TO VOLUNTEER AT A FUN AND EXCITING EVENT?

WE NEED VOLUNTEERS FOR

## THE ANNUAL JUANITA ELEMENTARY COWBOY RODEO ROUND UP FAMILY DANCE

**FRIDAY, November 15th after school &/or from 6:30-9:30**



**WHO:** Parents and Grandparents

**WHAT:** Help out with our Juanita Elementary Cowboy Rodeo Round-Up Family Dance by working or supervising student volunteers NO Worries, it's just checking in with them every half hour. You'll get to DANCE

**WHERE:** Juanita Elementary Gymnasium & Commons

**WHEN:** Friday, November 15th from noon to 3:30-4:30 (for set up after school.  
& 6:30-9:30(working the activity stations at the dance this includes clean-up)

**WHY:** It will be a lot of fun!



SPECIFIC JOBS BELOW (check off any or all that you would be interested in doing)



### FRIDAY, NOVEMBER 15<sup>TH</sup>:

3:30-4:30  
(after school)

**SET UP & TABLE DECORATIONS**

Cover tables with white butcher paper and decorate & help set up various activity stations and/or hang signs and wall decorations.

9-9:30pm

**CLEAN UP:** (help with clean up at the end of the dance)  
folding chairs, rolling tables, picking up, sweeping

6:45-7:30pm

**TICKET SALES AT THE DOOR FOR THE DANCE**

Some tickets are presale you just collect the tickets and stamp the hands.

6:45-8:30pm

**SELLING ACTIVITY CARDS FOR THE DANCE(6:45-8:30)**

These are \$2, \$5 & \$10 cards

7-9pm

**SUPERVISING STUDENTS WHO ARE WORKING AN ACTIVITY STATION AT THE DANCE**

This just involves checking in with them maybe once on the half hour to make sure they are doing fine.

7-9pm

**FLOATERS:** (making sure tables are cleared of empty cans and wrappers)

(checking tables both at the dance for trash left and picking it up and taking it to the garbage) (7-9PM)

**TUESDAY-FRIDAY DURING THE SCHOOL DAY**

11:40-12:45  
During  
Lunch

**SPIRIT WEEK SALES (during lunch recess in the music room with Mrs. Kohlwes & Mrs. Paige**

(circle which day(s) of the week you can help at the store during the lunch hour)

Tues: 11/12    Wed: 11/13    Thurs: 11/14    Fri: 11/15

Bring to gym Fri,  
Nov 7th

**DONATE TWO DOZEN COOKIES, TREATS, OR FRUIT ROLL UPS, SODA POP, WATER**

Snacks have to be individually packaged or wrapped in cellophane (usually 2 cookies or treats per bag)

Check what you can bring **COOKIES** **TREATS** [write in treat here](#) **FRUIT ROLL UPS** **SODA POP** **WATER**

**WE NEED TO KNOW NO LATER THAN WEDNESDAY, NOVEMBER 13th**

If you're interested please call Lynn Kohlwes at work (425) 936-2570 ext. 55715 or email me at [lkohlwes@lwsd.org](mailto:lkohlwes@lwsd.org), or bring this form to Juanita Elementary

Please, if you call, speak **clearly and slowly** and leave both your first & last name, the class your child's in & telephone number including your area code.

NAME \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_ EMAIL \_\_\_\_\_

CHILD'S NAME: \_\_\_\_\_ CLASS TEACHER \_\_\_\_\_

Please print clearly, & send in care of Mrs. Lynn Kohlwes: Juanita Elementary, or call me or email me with the above information.