

April News



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Life is A Balance Quote



Mrs. Lynn Kohlwes: Juanita Elementary PE Teacher
lkohlwes@lwsd.org [PE PowerSchool Site](#) & [Juanita Elementary Site \(for PE\)](#)

REMEMBER TO HAVE YOUR CHILD WEAR APPROPRIATE SHOES FOR PHYSICAL ACTIVITY AT HOME

Your child's type of shoe impacts their performance, and ability to move safely.



ENGAGE IN A CONVERATION WITH YOUR CHILD ABOUT THEIR PE PROGRAM AT HOME

QUESTIONS

1. What Have You Done to Stay Active 60 minutes A Day?
2. Have you received by email, the Weekly Activity Suggestions, from Mrs. Kohlwes?
3. How Many Activities have you emailed to Mrs. Kohlwes?
4. Have you been able to get on to Mrs. Kohlwes PowerSchool Site to get the PE Activities?
5. Did you know that most of these activities are also on the main Juanita Elementary Website, no password required?

Answers

1. Answer will vary on what students are doing to stay active but I received emails with attachments of 65 assignments, activity photos & videos from over 60 students (some students sent me multiple assignments).
2. Answer will vary. Please email if you have NOT received my emails at lkohlwes@lwsd.org
3. Answers will vary but I have received 65 assignments between March 12th and April 4th
4. If you have difficulty getting into PowerSchool, here is the link to the LWSD Website to help you log in.
5. Answers will vary, but yes, most of these assignments (except for videos or photos of students, and fitness polls) can be found on the Juanita Website, no password required at these two links below

Click Below to Learn About How Your Child Can Earn PE Badges

Here is a Link to [A Video About Fitness Badges \(Starring Mrs. Kohlwes\)](#)

& a Link to the [Document on how to view what badges you've earned in PowerSchool](#)

UPCOMING EVENTS AND IMPORTANT DATES

EVENT	DATE & TIME
Spring Break	April 4-10, 2020
Juanita Annual Mariner Baseball Night at T-Mobile	Rescheduled for Tues. June 23



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



APRIL LEARNING TARGETS

- I try to get 60 minutes of movement each day.
- I do my best to eat at a healthy meal
- I hydrate, drink lots of water
- I keep my Social Distancing when going for a run, jog, walk, bike ride, or going to the store
- I frequently wash myHands
- I try to not touch my face.
- I help out with chores around the house.
- I or my parents, log on to PowerSchool at least once a day.
- I read my Emails from Mrs. Kohlwes and other teachers or Juanita Staff.
- I might send a short 10 second video clip of something that I do that keeps me active to Mrs. Kohlwes that she add and can edit in WeVideo because it's optional.

[Click on this Link to Ruby Lipka's WeVideo of how she keeps life in balance](#)

JUANITA ELEMENTARY MARINER BASEBALL NIGHT

INFO ABOUT YOUR TICKET MONEY & RESCHEDULING THE JUANITA ELEMENTARY MARINER BASEBALL NIGHT

Currently, our game is rescheduled for **Tuesday Evening, June 23rd**, if the Major League Baseball season begins, but if we are all still limited to congregating at large public events, then we will reschedule the Mariner game for next FALL.

If rescheduled for this coming fall, the original choir will still have the opportunity to sing, even if they've moved on to middle school.

As soon as school is back in session, I will have more details.

In the meantime I still have your checks, and they have NOT been deposited.

Here is what I CAN do with your check:

I can void the check, upon your request, and you can pick them up once school is back in session
or

I can hang on to them to apply towards tickets for the rescheduled game.

Please contact me by email on what you want me to do with your check. I will not be "mailing" back checks, but upon your request, I can write "VOID" across the check, take a photo of it and send the image to you via your personal email.

If the game is never rescheduled, then I will "VOID" the check, and then again you can pick up the 'voided' check from school, once we are back in session.

For the 4 families that paid in cash, PLEASE email me your phone number if you want me to contact you by phone.

LINKS TO PE ACTIVITIES THAT YOU CAN DO AT HOME

With school currently not in session, I have made available many activities that you and your family can do together to help lead a healthy active lifestyle. With that said, I want to make sure that what you do is safe and follows the guidelines of what is being recommended from the CDC (Center for Disease Control and Prevention).

Here is a direct link to the **Center for Disease Control and Prevention Site**

Remember, the goal is 60 minutes of movement activities a day, if you are able. The 60 minute requirement can be broken down into smaller time chunks (like 6 sections of 10 minute activity.)

These links take you to my PE PowerSchool Site (username & log in required)

- **WeVideo: The Big Shake Off**
- **Let's Get Moving Weekly Movement Activities Newsletter (that involves little or no equipment)**
- **Mrs. Kohlwes' Personal Videos for Game and Fitness You Can Do At Home**
- **Monthly Fitness Calendars**
- **Fit Art**
- **Fitness Is Fun Posters**
- **What is Your Fitness Goal for 2019-2020 School Year?**
- **Fitness Polls and Surveys** *(please email Mrs. Kohlwes after you have completed all four polls/surveys at lkohlwes@lwsd.org)*
- **I Can Tie My Shoe** *(K-2nd grade only)*
- **Bike Safety Exam** *(4th & 5th grade students only) Email me once you complete this exam (not graded and is optional)*
- **Take A Hike Resources**
- **Go Noodle Movement Videos**
- **All About Me and PE Poster**
- **Flip The Coin: Skill Review or Fitness Activities** *(a new activity every week)*
- **Mrs. Kohlwes' Personal Videos for Game and Fitness You Can Do At Home**
- **Create Your Own Work Out Routine**
- **Create Your Own PACER Course & Test**
- **How Can I Earn A Fitness Medal in PE?**
- **How Do I Earn PowerBadges in PE?**
- **Fitness Champs** *(A list of students by month and class that have turned in some form of Optional Fitness/PE for the 2019-2020 School Year)*

These two links to my Online PE Activities that You Can at Home can be found on the Juanita Elementary Website (no password required

[Juanita Elementary PE Online Activities Page 1](#)

[Juanita Elementary PE Online Activities Page 2](#)

MARCH PE ASSIGNMENT PARTICIPATION (A Total of 67 Assignment were turned in)
 Thanks for the following students emailing me assignments videos or photos that keep them active.
 Here is a Link to [A Video About Fitness Badges \(Starring Mrs. Kohlwes\)](#)
 & a Link to the [Document on how to view what badges you've earned in PowerSchool](#)



ONLINE FITNESS POLLS			
(only found on PowerSchool & requires user name & Password Link to Polls on the PowerSchool Site)			
Alaina A	Arighkaan E	Ethan W	Jacob W
	Pari C.	Sheetal G (Parent)	Sophia T.



ONLINE ALL ABOUT ME & PE			
All About Me & PE Poster instructions plus a slide show of student examples (only found on PowerSchool & requires user name & Password All About Me & PE on PowerSchool Site)			
Link to All About Me & PE Poster instructions on Juanita Elem. Website			
Abigail S.	Connor P..	Kaylynn S.	Taylor S.



FITNESS ART			
Fitness Art instructions plus a slide show of student examples (only found on PowerSchool & requires user name & Password Link to Fitness Art on Power School Site)			
Link to Fitness Art instructions on Juanita Elem. Website			
Anton C	Henry C	Lucy C	June D.
Zachy O.(April)	Leo G. (April)	Mia M (April)	



PE ACTIVITY PHOTOS, VIDEOS, & FITNESS IS FUN POSTERS			
Fitness is Fun Posters, Activity Photos and Videos instructions plus a slide show of student examples (only found on PowerSchool & requires user name & Password Activity Photo Link on PowerSchool Site)			
Link to Directions to Fitness is Fun Poster Directions on the Juanita El. Website			
Abigail S.	Alessandra T.	Aliiyah B.	Andrew Mag.
Anton C.	Brock D	Clara H.	Emily L.
Emma B.	Eveline A.	Evan H.	Garret P.
Hailey Q.	Henry C.	Jordan J.	June D.
Logan Mag.	Lucy C.	Max L.	Mrs.Biell
Mrs. Janshen	Nick H.	Olivia P.	Owen D.
Ruby L.	Sophia T.		



MONTHLY FITNESS CALENDAR			
Fitness Calendars instructions plus a slide show of student examples (only found on PowerSchool & requires user name & Password: Fitness Calendar Link PowerSchool Site)			
Link to Fitness Calendars on Juanita Elem. Website			
Alaina A.	Aliyah B.	Andrew Mag.	Andrew S
Axel L.	Calvin B.	Eliam R.	Emily L.
Emma B.	Eveline A.	Kenyon A.	Logan M.
Mia M.	MJ C.	Nate C.	Nathan N.
Rowan F.	Ryder G. (Feb)	Sydney B.	Warren A.
Zachy O.			



MARCH

GO NOODLE VIDEO PARTICIPATION			
We Go Noodle Participation instructions plus a slide show of student examples (only found on PowerSchool & requires user name & Password. Link to Go Noodle Videos on PowerSchool Site)			
Ruby L	Emma B.	Aliyah B	

I CREATED MY OWN WORK OUT BADGE			
Creating Your Own Work Out instructions plus a slide show of student examples (only found on PowerSchool & requires user name & Password) Link to Work Out on PowerSchool Site			
Link to My Own Work Out instructions on Juanita Elem. Website			
Max L.	Allesandra T.		



WeVIDEO PARTICIPATION			
WeVideo Participation instructions plus a slide show of student examples (only found on PowerSchool & requires user name & Password Link to WeVideo Page on PowerSchool)			
Ruby L. (to see her video, click here)			



HAVE A GREAT SPRING BREAK

Life is all about balance.

You don't always need
to be getting stuff done.
Sometimes it's perfectly
okay, and absolutely
necessary, to shut down,
kick back, and do nothing.

LORI DESCHENE

