

# Sierra Vista

## Physical Education Newsletter

**Tuesday, June 19, 2012**

This is it people, the last PE newsletter of the year! Summer has arrived and I want to thank you for all of your support this year. All the PE teachers have enjoyed teaching each one of your sons and daughters and I hope you have a fun, yet restful summer break. Enjoy reading about the Sierra Vista Olympics, lunchtime sports ultimate frisbee finals, Caldwell's health fact, and other news. See you in September!

### **Caldwell Health Fact**

I want to keep the last health fact for the year very simple. As summer starts I encourage you as parents, family, and guardians to model good health principles for your son or daughter. Go to bed earlier so you can get the body and brain repair that is needed after a long day. Start to eat more whole foods and cut out as many packaged foods as possible. Put down your soda and Gatorade and start to drink more water, milk, orange juice, and coconut water which are loaded with nutrients your body needs. Make sure to get these foods and liquids from clean, organic sources. Lastly, try and mix in some working-in (slow walking, breathing exercises, tai-chi, prayer, meditation, stretching) activities and working-out (bike riding, jogging, weight lifting, sports) activities into your busy week.

You might be thinking "this isn't very simple to do," but I encourage you to start to make small changes with your nutrition, health, and exercise routine and that will ADD UP TO HUGE HEALTH BENEFITS! You can do it!

### **Physical Education Happenings**

**Mr. Caldwell** ([ncaldwel@iusd.org](mailto:ncaldwel@iusd.org) or 949-936-6649)

I want to thank you for allowing me to teach your son/daughter about the world of health, nutrition, and exercise this year. I enjoyed my time with each student and it was awesome to see the light turn on in their brains about the importance of making life long health decisions. It

is my hope that each student now has the tools needed to live a healthy and functional life full of vitality for many years to come. I also appreciate the support from all of you this school year. You know where to find me if you have any questions in the future.

This month we had a great two weeks participating in the Sierra Vista Olympics. All classes competed against each other in soccer, basketball, volleyball, team handball, ultimate frisbee, flag football and capture the flag. Each student had a fun time playing against their friends in other classes and there was a lot of smack talk between teachers. Of course my class took home the gold medal! Have an awesome summer, and See you in September.

**Mrs. Morris**([mmorris@isud.org](mailto:mmorris@isud.org) or 949-936-6653)

Over the past two weeks I have been impressed with team leaders and team performances during the Olympics. I hope you all enjoyed the friendly competition as much as I did. I'd also like to take this opportunity to say "WELL DONE" to my students for this school year. I have really enjoyed teaching and learning with you! I hope you have come to appreciate how valuable and enjoyable exercise can be. I strongly encourage you all to continue making time for physical activity and use what you have learned about living a healthy lifestyle for years to come. Best wishes to Eighth Grade as you prepare for the next stage of your education and to students returning to SVMS, I look forward to seeing you next year! Have a wonderful Summer!

**Mrs. Cachola**([jcatchola@iusd.org](mailto:jcachola@iusd.org) or 949-936-6625)

Congratulations to all students who participated in the Olympic Games final unit. It was a great way to conclude the school year and see so many students encouraging each other, and having a great time. Best of luck to everyone this summer and in all your endeavors!

**Mr. Hough**([dhough@iusd.org](mailto:dhough@iusd.org) or 949-936-6699)

What a great year it has been! Thanks to all students and to all parents who have been supportive of our fantastic program this year. I feel so fortunate to be a part of a such a great community. Good luck to all eighth graders promoting on to high school and all future endeavors. Seventh graders get ready for another exciting year at Sierra Vista starting in September. Remember to keep moving this summer doing activities you enjoy and remember to incorporate all of the components of health related fitness to stay healthy. See you all soon!

## Lunchtime Sports

We had the most exciting ultimate Frisbee competition this year. I was amazed by the level of skill and athleticism shown in the games. Students are really grasping the skills learned in class and are performing excellent in game settings. Congrats to all students that participated in lunchtime sports this year and our SEVENTH GRADE, 2012 Ultimate Frisbee Champions “Backstreet Boys 2”.

Mr. Hough

## 2012 Lunchtime Ultimate Frisbee Champions-“The Backstreet Boys 2”



Click on the link to watch a video of the finals. <http://caldwellpe.com/archives/2920>

## **Neighborhood Sports**

### **Hockey Team**

The Sierra Vista Chargers finished their 2011-2012 year with a bang, as they valiantly fought against Newhart and El Rancho in the playoffs last Friday night. In the first game, the Chargers emerged victorious with a hard fought 6-4 victory. Despite some questionable calls going against them, they were able to come from behind in the final five minutes to earn a spot in the finals.

Against El Rancho the boys played one of their best games of the year against the most skilled opponent in their division. It was a seesaw battle, with no team ever having more than a two goal lead. Finding themselves down by two goals in the final minutes, they rallied to get within one with 1:28 left in the game. After pulling their goalie, they desperately tried to tie the game, but just couldn't get the puck in the net. With a final score of 10-9, the Chargers held their heads high, as they all knew they played their best. Alas, the boys finished in 2nd place after a 9-1 regular season.

This was by far the best year of hockey Sierra Vista has seen in at least five years, and such a great group of kids to coach. Thanks and congrats to our promoting 8th graders:

Bryce M, Jake L, Jacob M, Jacob H, Eric S, Steven VZ, Conner S, Seth M, Nick B.

If you are interested in joining the team next year, please send me an e-mail. All players are welcome.

Go Chargers!

Coach Z



## **Middle School Program News**

The end of the school year is here and it seems appropriate for this last installment of MSP News to take both a look back and forward. This year's recreation activities all fell into one of several categories: sports sessions, Youth Action Team (YAT), Friday recreation, and on campus programs.

All of our sports sessions had after school practices or activities on Tuesdays and Thursdays. The flag football, basketball, and volleyball sessions all ended with an inter-school tournament between the five Irvine middle schools. Participants in cross country got to enjoy a variety of running locations—from the trails of Quail Hill, to the sandy shores of Huntington Beach. Finally, Gnarly Outdoor Adventures included zip-lining, archery, kayaking, and rock climbing among other activities.

Youth Action Team contributed immensely to the community of Orange County this year. Students visited the elderly, took care of Greyhounds at a rescue, cleaned beaches on several occasions, packaged food boxes for food banks, and helped maintain natural environments

among many other projects. The Youth Action Team as a whole (high school, middle school, and elementary school YAT) contributed over 16,000 hours of community service.

Friday recreation programs provided students the opportunity to participate in constructive activities on Friday afternoons and nights. There were one day activities such as Knott's Scary Farm and an Anaheim Ducks game, as well as recurring activities such as Chess and Skateboarding. Additionally, there was a dance at Heritage Park once a month.

On campus programs varied widely, were offered during school hours and free. These programs were either recreational or educational in nature. Obstacle courses were set up for the fitness challenge; all students got to participate in this activity during their PE classes. At lunch there were human hamster balls and a Chess tournament with over thirty participants. Educational programs included a maze of truth for Red Ribbon Week, and an Environmental Awareness campaign that gave students the opportunity to win prizes and plant a garden for their school.

Thank you to all students that participated in any of the programs we offered; we hope you enjoyed it! If you are sad the fun is over, however, fear not! Starting June 25th Middle School Program's summer camp begins! For more information regarding the summer program please visit [www.irvinemsp.com](http://www.irvinemsp.com) and click on the 'Teen Camps' button, or contact Stacy Martin at 949-724-6744. Again thanks to everyone for making this a great year; I look forward to seeing you all next year! Congratulations 8th graders and good luck in high school!

Cody Kreger - Sierra Vista Site Coordinator

## **Coming Up**

Summer Break. See you all in September!

To learn more about Physical Education at Sierra Vista go to [www.CaldwellPE.com](http://www.CaldwellPE.com). Please feel free to contact anyone of us. Thanks for your support!

Sincerely,  
Neal Caldwell