

# Sierra Vista

## Physical Education Newsletter

Thursday, November 7, 2013

What's up everyone? October flew by and we had a lot going on in PE that I think you will enjoy reading about below. Thanks for all of your support.

### **Caldwell Health Fact**

Did you know that vitamin A has many functions in the body such as teaming with thyroid hormone for the conversion of cholesterol into all steroidal hormones, stimulates growth of the base layer of skin and helps the skin with structural activity, involved with laying down new cells, including bone, lung, teeth, skin and intestinal tract cells, and is needed for a healthy immune system? Some great sources that have vitamin A are liver, pastured eggs, milk and cheese from a clean source. I encourage you to use food as your supplement as much as possible.

[Source-Metabolic Blueprint](#)

### **Physical Education Happenings**

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

During October, my Physical Education students played Soccer. I am a big believer in building student leaders as evidenced by what they say to others, and how hard they work, both of which are outstanding leadership qualities. So, for this month, the students were the teacher and I took a back seat. Each day different students would speak about the rules of the game, teach the skills, and implement a skills practice based on the soccer skill taught that day. It was fun to see students step out of their comfort zone and lead even if they were nervous and scared. Some of the skills that were covered were dribbling, passing, trapping, and throw-ins. This month we are playing pickleball which is just like tennis but with a small paddle. It is my favorite sport at Sierra Vista and I'm confident that every student will be successful and have a great time learning how to play.

We also had Christian from Diabolofest come and show off his skills to our students. “The Diabolo, a 2000 year old Chinese juggling apparatus is an alternative sport activity which strengthens abilities in other sports by building eye/hand coordination, and self-confidence.” Every student had an opportunity to practice using the Diabolo and they had a lot of fun. Click on the link below to see all the action.

<http://caldwellpe.com/archives/4245>

<http://www.diabolofest.com/Pages/default.aspx>

**Mrs. Morris** ([melindamorris@isud.org](mailto:melindamorris@isud.org) or 949-936-6653) and **Mrs. Cachola** ([joancachola@iusd.org](mailto:joancachola@iusd.org) or 949-936-6625)

During October, our students participated in Australian sports. It was encouraging to see so many students choose to learn new skills and games, including Touch Football and Cricket. We had lots of fun using new equipment, practicing passing, batting and fielding. Students also attended tutorial to further develop their newly acquired skills. We were impressed with the student’s enthusiasm and hard work in overcoming challenges presented when learning new sports. By the end of the unit our classes were playing quality games and developing strategies for success. Well done! Thanks for giving Mrs. Morris the opportunity to share some of her favorite sports from Australia with you!

## Lunchtime Sports

**Lunchtime Soccer Champs “WVM.”** Click on the link below to watch the game and see the awesome Volcom hats each player earned.

<http://caldwellpe.com/archives/4295>



## **Game Room**

The Sierra Vista game room continues to be packed every day during lunch. We now have two foosball tables in game room number one and a life size Jenga game that is awesome to play. This past week we opened game room number 2 which is for board games only. Both game rooms are a great place for your son or daughter to meet new people, play new games, stay active, and just have fun at lunch. Please encourage them to check it out.

## **Neighborhood Sports**

### **Hockey Team**

The Chargers had some ups and downs in the month of October, starting off the month losing both games of a double header, but then rebounding to win their next two games against Isaac Sowers and Don Juan. They head into the month of November with a record of 3-3 and are currently in 2<sup>nd</sup> place in the division. Notable performances were turned in this month by David C., who scored his first two goals of the season against Don Juan, helping the team secure a 10-5 victory. Jerry V. also played his best game as a Charger against Don Juan, scoring two awesome goals, including a shorthanded tally late in the game, which really turned the momentum in their favor. Our 5<sup>th</sup> grader Caleb I. also scored his first goal of the year.

The boys have four more games in the season before playoffs. As always our games are on Friday nights and our schedule is posted at [www.irvineinline.com](http://www.irvineinline.com) . Hope to see you at a game.



Coach Z

## **Middle School Program News**

Hi Sierra Vista,

My name is Chris Cox, and I recently began working as the Site Coordinator for Sierra Vista Middle School with the Irvine Middle School Programs. It's been great for me to get to know some of your students, and I've had a blast running some of the programs we're offering this fall! I'm proud to announce that Sierra Vista recently placed 3<sup>rd</sup> out of many teams in the district wide flag football tournament. Some of you may have seen them strutting their new medals around campus. Last Friday we hosted the 2<sup>nd</sup> Middle School Programs dance of the school year at Heritage Park, where we had upwards of 400 students show up for a night of fun and dancing! One of my personal favorite programs we have going on right now is a program called Gnarly Outdoor Adventures, where each Friday afternoon we take a group of students into the great outdoors to explore what nature has to offer in the Irvine area. Most recently, 60 students from the district, (10 of those from Sierra Vista) went down to Crystal Cove for an

afternoon of Snorkeling at the beach. Lastly, we have 5 on 5 basketball starting up on November 12<sup>th</sup>. Please pick up a flyer and a calendar for the month of November in the school's front office if you're interested in signing up for any of the programs we have coming up. Also, please feel free to email me with any questions you have at: [ccox@cityofirvine.org](mailto:ccox@cityofirvine.org)

Thank you,

Chris Cox

### **Coming Up**

Lunchtime pickleball champions.

Lunchtime 3 on 3 basketball sign-ups.

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

Sincerely,

Neal Caldwell