

Sierra Vista

Physical Education Newsletter

Friday, February 28, 2014

Hello everyone it's been two months since our last PE newsletter. A lot has been going on and the PE department can't wait to share all the happenings with you. Enjoy the letter and thanks for all of your support.

Caldwell Health Fact

Did you know that dairy is a high quality protein, has a perfect ratio of calcium to phosphorous for our bones and teeth, all essential vitamins and trace minerals, good balance of hormones, and a perfect balance of carbs, proteins, and fats? If dairy bothers you I encourage you to try different brands and see if you can find one that works for you. You can titrate up your amount of dairy each day slowly and make sure the dairy you buy has no additives and fat extenders that are added. Buy ice cream that does not have guar gum or carrageenan as they can cause symptoms. Two of my favorites are Haagen Dazs and Straus Family Creamery. Hard cheeses should only contain animal rennet and salt and two other favorite companies of mine are Organic Pastures raw dairy and Claravale Farm raw goat milk.

Physical Education Happenings

Mr. Caldwell (nealcaldwell@iusd.org or 949-936-6649)

In the month of January your son/daughter had a choice of dance with Mrs. Morris or team handball (Olympic sport) with your's truly. Team Handball is a sport where every student can be successful and have fun passing, dribbling, and shooting the ball with their teammates. Click on the link below to see a team handball game in action.

Team Handball Game- <http://caldwellpe.com/archives/4405>

During the month of February it was time to start buckling down and training hard in preparation for the fitnessgram tests. If you remember, the fitnessgram tests include the mile-run, push-ups, curl-ups, shoulder stretch, and the trunk lift. So, over the last 4 weeks, your son/daughter participated in many strength training exercises in our strength training studio, experimented with yoga, ran the mile many times, played basketball and soccer, and learned

how to communicate and work together during a fun project adventure activity with the goal of getting everyone in shape for the testing.

Finally, we had many students earn “Milers Club” status last month. If a boy runs the mile in six minutes and thirty seconds or less and a girl runs the mile in seven minutes or less they earn a free Milers Club t-shirt! This is an awesome accomplishment. Check out the pictures and video below to learn more.

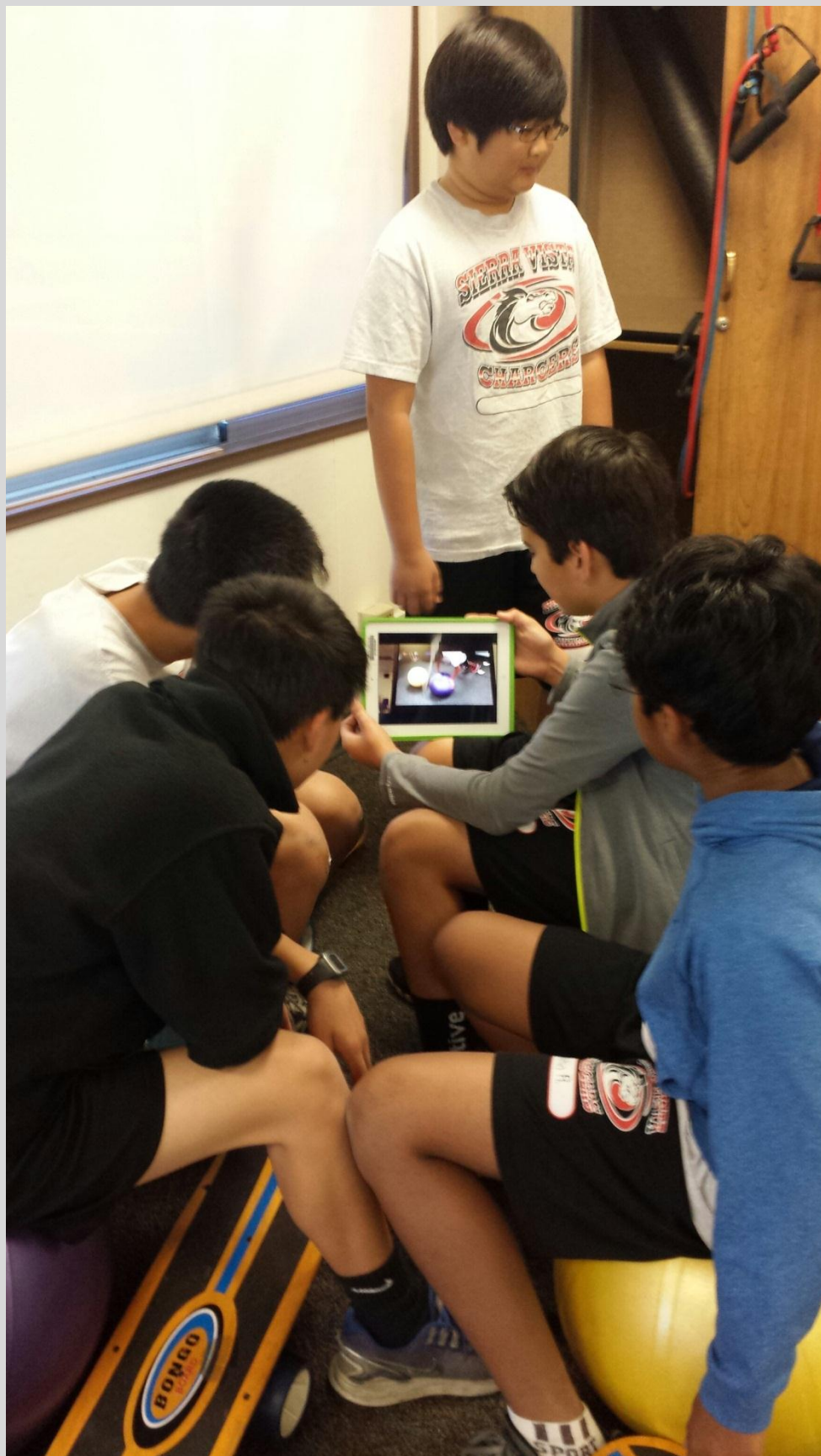
Project adventure- <http://caldwellpe.com/archives/4487>

Yoga



Strength Training Studio





Miler Club







Mrs. Morris(melindamorris@iusd.org or 949-936-6653) and **Mrs. Cachola**
(joancachola@iusd.org or 949-936-6625)

January

During choice weeks, my students learned several dances including social dances, set dances, line dances and partner dances. Students were given numerous opportunities to choreograph their own routines. Many students took on leadership roles, helping to demonstrate steps and

guide others. We learned that dancing can improve our fitness, flexibility, muscular strength and endurance. Most importantly, students approached creative group activities with positivity and worked well together.

We finished out the month with some friendly, interclass team sport competitions.

February

This month our students played basketball and then were given the opportunity to design their own game. We learned basic skills, rules and strategies and created warm up activities during the basketball unit. In game design lessons, students were able to use their imagination and knowledge of traditional sports to develop a new team game. Students needed to select equipment, determine field space, create rules and a scoring system. Students were then able to continue developing their game during practice time. It was great fun seeing the students being creative and working together on this project. We have also continued working on improving our personal fitness. Congratulations to our new Miler's Club members!

Lunchtime Sports

During January students participated in Team Handball, with the Jack Rabbits winning in the last moments of the final. After a month of 5 on 5 Basketball, we will have another winning team by the end of next week! Frisbee will be the next lunchtime sport. Students need to listen to the announcements and check the notice board for sign-up information.



Neighborhood Sports

Hockey Team

The Chargers began their winter season in the new year, starting strong with a win over Pioneer and an exciting tie against Lakeside. After their early success the team faced some adversity, losing four straight games, leaving them in 4th place in the JVA division. They hope to rebound during the final four games of the season, aiming to make the playoffs once again to try and claim the championship that eluded them last season. The team welcomed a new player, 7th grader Spencer S, who is quickly learning the game. Learning roller hockey is not an easy feat, but Spencer is making some great progress. :)

Our next game is this Friday against Pioneer at 8:40pm. Should be a good one. Hope to see you there!

Coach Z.

Middle School Program News

Hi Sierra Vista,

The past couple months have been fun and busy! The Youth Action team has volunteered at animal shelters, planted native plants in Bommer and Limestone Canyon, packed boxes of food at the OC Food Bank for families in need, and other projects. Our Cross Country Sports session recently ended. Good job to each of you who participated, and congratulations to Kerenna Samynathan who took 1st place of all the girls in our district-wide tournament! The next sport we're offering for students is Volleyball, which begins on March 4. Sign up soon if you're interested! My personal favorite class these past couple months was Archery... Students from Sierra Vista and Lakeside went to OC Archery, where they received training in shooting a bow and arrow, and had some time on their archery range to practice. I'm looking forward to our upcoming "Outdoor Survival Skills and Campout" class which will begin in March. Ever wondered what it takes to survive in the wild? Build a fire using only sticks, build shelter, find water and purify it without tools, etc. Join us as we learn from the experts at California Survival School! Please contact me with any questions you have regarding any of our programs at: ccox@cityofirvine.org .Go Chargers!

Thank You,

Chris Cox, Site Coordinator – Sierra Vista Middle School

Community Services - Middle School Program
Heritage Park Community Center
14301 Yale Avenue

Irvine, CA 92604

949-724-6746

Coming Up

Lunchtime 5 on 5 Champion Picture

Lunchtime Ultimate Frisbee Sign-Ups

To learn more about Physical Education at Sierra Vista go to www.CaldwellPE.com. Please feel free to contact any of us. Thanks for your support!

Sincerely,

Neal Caldwell