

# Sierra Vista

## Physical Education Newsletter

Friday, October 4, 2013

Hello Everyone, the first month of PE is in the books, and we have enjoyed getting to know and teach your son or daughter about exercise, health, and nutrition. The PE staff will send out one PE newsletter each month. Please read the PE happenings below, and let us know if you have any questions.

### Caldwell Health Fact

For all of you coffee drinkers out there; Did you know that coffee drinkers have a lower incidence of thyroid disease, including cancer, than non-drinkers? Caffeine protects against cancer caused by radiation, chemical carcinogens, viruses, and estrogens. Coffee provides significant quantities of magnesium in addition to other nutrients, including vitamin B1. Coffee inhibits iron absorption if taken with meals, helping to prevent iron overload. Some tips I recommend when drinking coffee are do not drink coffee on an empty stomach, add cream or milk with gelatin(Great Lakes Gelatin) from a clean source to help keep blood sugar from dropping, and add in sugar if needed. Click on the link below to read an informative article by Ray Peat about coffee and caffeine.

<http://raypeat.com/articles/articles/caffeine.shtml>

### Physical Education Happenings

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

This past month we played flag football. Each student learned how to grip, throw, and catch a football. They also learned how to run different pass patterns and play a bit of defense. On Wednesdays students have been jogging; They will be working their way up to jogging continuously for 10 minutes. So far ALL students have done a great job and given their best effort. After we run, we have been going inside to J-4 to cover important topics such as “proper hydration” and “sleep.” Please ask your son or daughter for them to explain the important points about sleep. You will be surprised what they now know. In the future, we will cover nutrition, stress, digestive health and much more. This month every student has a choice

between soccer and ozzie sports. October and January are “choice” months where they can choose what sport and PE teacher they want to stay with.

In conclusion, please click on the links below to see how we are incorporating technology into our PE classes. We have two brand new GoPro’s, eight flip videos, and two i-pads they will that will extend student learning in PE. Take a look.

Technology- <http://caldwellpe.com/archives/4206>

GoPro- <http://caldwellpe.com/archives/4223>

**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)

We are off and running! Our classes have been playing Flag Football this month. We have learned basic skills including grip, throwing and catching. We also learned how to play the game: strategies, pass patterns and defense. Eighth Graders have stepped up as leaders, and students are learning that to be successful in PE activities, they need to get involved. A positive attitude goes a long way! Students are reminded that they can further develop their PE skills during tutorial time.

Our classes have also been introduced to the health-related components of fitness during Cardio Wednesdays, and we will continue to improve our knowledge on fitness days. Next month we will begin setting goals as we start to record fitness scores on a regular basis. We’ve started the year really well- keep up the good work!

### **Lunchtime Sports**

We are off to a great start with Flag Football! We have twelve teams participating in our lunchtime games. Students are doing a great job working in teams and sharing leadership responsibilities. Remember, if you make a commitment to play be sure to communicate with your team and attend scheduled games. Playoffs begin soon, so keep an eye on the schedule! In October, we will play soccer so please encourage your son/daughter to sign-up. Participating in Lunchtime Sports is a great way to meet new friends and learn new skills!

### **Game Room**

The Sierra Vista game room is in full effect. The game room is a great place for your son or daughter to play board games (such as chess, checkers, janga, scrabble, ping pong, Wii sports, basketball shoot and much more) at lunch. We also have 2 foosball table set to arrive next

week. The game room is located in room C-5 and anyone can play. Please encourage your son or daughter to come by and check it out.



## Neighborhood Sports

### Hockey Team

The three mighty Sierra Vista hockey warriors (plus 4 other kids) battled their arch-rival Pioneer on Friday night and emerged victorious, earning a hard-fought come from behind 7-6 victory.

The boys played great in their first game of the season, with 5 different lead changes happening in the game. Down 6-5 with 3 minutes to go, Alex drew a boarding penalty, which he then promptly scored on to tie the game at 6. After calling a time-out and performing one of my amazing pep talks (in which I ramble on for about 2 minutes and have no recollection of what is said afterward), Colin immediately went coast to coast and scored top shelf like buttered toast, putting us ahead. A wild scrum ensued in front of our net in the last 10 seconds, but the defense held up, and victory was ours.

The boys have 9 more games this season, and the team is still looking for players who have hockey experience who may be interested in joining. Contact Eric Zuercher at [ericzuercher@iusd.org](mailto:ericzuercher@iusd.org) for more information.

If you would to come root on the team our season schedule can be found here:

<http://the-rinks-irvine.ezleagues.ezfacility.com/leagues/186282/2013-Fall-Junior-High-JVA.aspx>

Go Chargers!

### **Middle School Program News**

The Middle School program is a branch of the City of Irvine's Community Services department. We work in partnership with the Irvine Unified School District to provide programs for the public middle schools in Irvine. The following is our mission statement:

The City of Irvine is dedicated to recognizing and promoting young people as valued and capable members of our community. The goal of the Middle School Program is to engage youth in positive social-recreational activities during non-school hours. Youth are encouraged to participate in the development and implementation of program activities that focus on community service, personal skill development, and social recreation. Services are provided in cooperation with the Irvine Unified School District.

Please consider joining one of our current program offerings. Youth Action Team is a community service based program. Students will have an opportunity to serve through five areas: environment, animals, youth & families, elderly and community. Meetings are held on Mondays in J-4 after school and projects are on Wednesdays at varying times.

Our first sports session, flag football, starts Tuesday October 1st. The course meets every Tuesday and Thursday through October 25th for an hour and a half every day after school. Please attend a practice to join the team, or turn in a flyer that can be found in the front office. The course will culminate with a district-wide tournament between all Irvine middle schools.

Please contact me with any questions about our programs.

Chris Cox, Site Coordinator Sierra Vista Middle School

Community Services - Middle School Program

Heritage Park Community Center

14301 Yale Ave

Irvine, CA 92604

949-724-6746

[ccox@ci.irvine.ca.us](mailto:ccox@ci.irvine.ca.us)

### **Coming Up**

[www.diabolofest.com](http://www.diabolofest.com)

Staff vs. Student Flag Football Game

Lunchtime Soccer

Harvest Cup Soccer Tournament

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

