

# Sierra Vista

## Physical Education Newsletter

Monday, February 13, 2017

Good morning everyone. It's been a while since I last checked in. During the last 4 months your son/daughter has been working hard and learning a lot about the world of exercise, health, and nutrition!

### **Caldwell Health Fact**

Did you know that dairy is a high quality protein, has a perfect ratio of calcium to phosphorus 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. 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.

### **Health and Nutrition Articles to Get You Thinking**

I am always learning as a teacher and health practitioner. Each month I post different articles and topics to get you thinking more about exercise, nutrition, and health. The article this month covers the topics of sports specialization and depression.

EARLY SPORT SPECIALIZATION IS KILLING THE HEALTH OF OUR KIDS

<https://drjohnrusin.com/early-sport-specialization-is-killing-the-health-of-our-kids/>

Treat depression with... good posture?

<http://www.naturalnews.com/2017-02-03-treat-depression-with-good-posture.html>

## Physical Education Happenings

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

I am very passionate about giving each student the tools needed to be healthy for the rest of their lives and the past 4 months they have learned a ton of information they can use along their health journey. They played pickleball, ping pong, spikeball, 4 square, and bocce ball. They have been practicing their ELDOA poses for a healthy spine along with working on their muscular strength and endurance.

We also had our annual “Bro Talks” which was awesome. This month each student has been working hard on their mile run score, push-ups and curl-ups as we have the Fitnessgram testing in about 3 weeks. Each class has also read different articles on the ingredients in McDonald’s food, sports specialization, and how good posture can help with depression!

Please take a look at the videos and pictures of all the activity below!

<http://caldwellpe.com/bocce-ball-3/>

<http://caldwellpe.com/blue-tarp-team-building/>

<http://caldwellpe.com/bro-up/>

<http://caldwellpe.com/primal-pattern-wednesday-3/>





## Lunchtime Sports

Congratulations to the new 3 on 3 lunchtime basketball champions! Each player took home a new Volcom beanie! Lunchtime Soccer is next!

<http://caldwellpe.com/lunchtime-3-on-3-basketball-champs/>



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

Sincerely,  
Neal Caldwell