



# headlines from the

# HIVE

Issue #4  
DECEMBER- 2011

## THIS MONTH IN THE HIVE



## Ingredients 4 Life

**"Adventures  
in Healthy  
Eating &  
Better  
Performance"**  
(Nov.28-Dec. 9)

**A look back on November:** Students in grades K-5<sup>th</sup> learned more about the amazing heart. Lessons covered the concept of INTENSITY, including 5 different levels of intensity, how to check your heart rate, and how your heart rate changes at rest, target and max rates. Students in 4/5<sup>th</sup> grades used Heart Rate Monitors to reinforce learning. These tools provided instant feedback and gave students an early opportunity to use technology that they will use in middle school and later in life.



**Heart Rate Monitors  
Used by 4/5 grades**



**The New Food Plate Replaces  
the Food Pyramid**

**December's Plan:** Healthy eating is the key to feeling better and performing better physically and academically. This month students will learn more about the foods they put in their body. K-1's will demonstrate their understanding of food groups and learn more about "always" foods and "sometimes" foods. Our older students will learn more about calories, including what they are and why we need them. Students will also learn about nutrients, how to read food labels and how to balance calories in with exercise out! Our Nutrition unit will conclude with a special "Smoothie Day". Students will get to try real fruits and vegetables in a fun, creative way.

### Popular H&F Web Links

[www.eatsmart.org](http://www.eatsmart.org)

This is our State's official resource for all things related to nutrition. Included in this website is an online calorie counter, kids games, free educational materials, state learning standards and much more.

## NOW PLAYING!!!

The Gym is now open on Tuesday and Thursday Mornings! Students are welcome to come in and work on their skills: jump rope, juggling, mat moves, and more. The West door will open at 9:05am. See you there!



### Items Needed

- More Hand Sanitizer Please
- More Clorox Wipes Please

**DID YOU KNOW?** Seattle Public Schools just received a \$1.7 million federal grant! This grant will be paid over the next three years, and aims to improve the overall health and fitness of our students. Funding highlights associated with this grant include equipment updates across the district and increased teacher trainings. This grant also funds a new district PE position and covers costs related to a special study examining how to best increase the overall health & wellness of our 48,000 students. Special thanks to Lori Dunn (Seattle PE Program Manager) and others who contributed to make this grant a success.



SPS Receives  
\$1.7 Million Grant

## DBE Health & Fitness

*"Moving With A Purpose"*