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**Shenendehowa and  
the American Heart  
Association  
Team Up!**

**- Hoops for Heart**

**Who:** All Shenendehowa 6th grade students.

**What:** Community service program to raise funds to support vital heart and stroke research as well as educational programs.

**Where:** The Gowana Green Gym.

**When:** March 26th and 27th during physical education classes.

**Why:** We're joining the fight against our nation's number one and number three killers: Heart Disease and Stroke. We want our students to learn the benefits of regular

physical activity and heart health. The money raised will help people in our community learn how to avoid heart disease and stroke and will also help our local patient care.

\*Our department can qualify for free physical education equipment based on the amount we raise. Students will qualify for individual thank-you gifts based on the donations they collect. All checks should be made payable to: **American Heart Association**. The deadline for contributions is March 26th and 27th.

For more information or if you would like to make a contribution please contact **Shawn Eggleston at ext. 54548 or email at EgglShaw@shenet.org**

**District Passes  
New  
Comprehensive  
Tobacco Policy**

This past summer, the district passed a new more comprehensive tobacco-free policy. The new policy is just part of the work that the district has been doing with the Tobacco-Free Healthy School Policy Program. During the 2007-2008 school year, we have been implementing, communicating, and enforcing the new policy to students, staff and the school community through various means of communication. The Tobacco Free Healthy School Policy Program has provided the district with new tobacco-free signage and sandwich boards to be put outside of the school at after school events.

Over the next few months we will continue to implement and communicate the new policy and educate youth about the dangers of tobacco use. These events will include presentations in health classes, a mini-fair celebrating Kick Butts Day in early April, and at our health fair on May 2<sup>nd</sup>. Remember, school is a place where youth should be free from tobacco. There is no tobacco use by anyone at anytime while on school grounds. To view our new more comprehensive tobacco-free policy school policy, go to: [www.shenet.org/district/academicdept/acaddepts.htm](http://www.shenet.org/district/academicdept/acaddepts.htm) and click on the health grades 6-12 link.

**HEALTH** Department

**HIGHLIGHTS**

- The 2nd Annual Health and wellness fair **to be held on 5/1 is fast approaching!** The planning **stage has just begun**, and we look forward to **another successful event!** If anyone is interested in helping out, please contact Nicole LePage at extension **54943**.
- Recently, Nicole LePage, health teacher, applied for a grant through the **Tobacco Free Schools organization**. She was awarded a **\$2,500.00 grant**. The money will be used to **purchase age-progression software in an effort to prevent smoking**.
- Kick Butts Day is a national day of activism that empowers youth to stand out, speak up, and take action in the fight against tobacco. *Reality Check & Tobacco Free Schools* will be coming to the Shenendehowa School District **in March** to participate in Kick Butts Day **and to** enhance students' decisions not to partake in using tobacco products. **For more information, please contact Nicole LePage at ext. 54943.**

**Health and Wellness Fair is coming May 1, 2008. Relay for Life is coming May 30, 2008. Stay tuned for details.**

# Inside the Gymnasium

## High School

**East** physical education is on the move! We are currently conducting our sixth set of units including electives such as basketball, cooperative games, and personal performance activities. In the basketball elective, students are currently playing 3 vs. 3 games that also include skill building through team practices. This experience will conclude with different class tournaments such as Shenenehowa's version of the NIT/NCAA tournament. In cooperative games, students are engaged in activities that include ice breakers, trust building, concentration, team challenges and getting to know one another better in the physical education environment through the use of adventure activities. We encourage you to ask your son/daughter if they have engaged in any of these unique experiences. The personal performance elective includes activities such as fitness programs, knee football/basketball, modified wrestling games, the newly developed game of yellow ball, etc. In the up and coming weeks, students will be

involved in a volleyball learning experience followed by our exciting and innovative dance unit which will take us to the end of the third quarter.

Volleyball intramurals are currently being held from 7:00-7:30 am in the main gymnasium @ High School East. These sessions are open to all high school students. What a better way to start the day!

**STAY TUNED** for the next newsletter... valuable information will be shared about our new and exciting physical education courses (four tracks) for next year!!!

- Sara Coddington  
and John Coletta

**Skano and Okte Elementary** students are currently tumbling, traveling, balancing and jumping in the gymnastics unit. \* **Big news**-The Skano student council is currently raising money for the purchase of a traverse rock wall!\* **Chango Elementary** students are learning stick handling, dribbling, passing and shooting in the floor hockey unit. **Arongen, Shatekon and Orenda Elementary** students are juggling, spinning, balancing, and practicing new tricks in the circus arts unit.

**Tesago Elementary** students just

**High School West** is currently finishing up a Cardio/Strength Training unit.

The cardiovascular activities include the pacer test, jump roping, and aerobic steps. The strength training stations include the bench press, squats, lunges, reverse curls, seated shoulder press, bicep curls, tricep work with the medicine ball, and upper body work with therabands.

Next is the volleyball unit which will begin as soon as we return from Winter Break. This unit will focus on basic volleyball skills and students will have the opportunity to play in game situations while rotating through the gymnasium. The students will be held accountable for knowing the rules of the game, proper sportsmanship-like etiquette and sport specific vocabulary. The volleyball unit has consistently been a favorite for students at West.

-Jessica Canepa

In the middle school, the **Green Gym** is currently in their co-ed volleyball unit. This unit emphasizes the use of correct skill technique for the underhand serve, set, and forearm pass, while learning to think and react in game play. Proper rotation for four, five and six player games is also taught and assessed. Next month, the students will be participating in *Hoops for Heart*.

Over in the **White Gym**, our students are continuing team sports with a unit of team handball. While focusing on offensive and defensive strategies, the students will continue developing the skills needed to work cooperatively as a member of a team while incorporating effective communication.

finished the gymnastics unit and now they are in the middle of playing modified volleyball games and they are anxiously awaiting for snow for a snowshoeing unit. **Karigon Elementary** students are finishing up the gymnastics unit and getting ready to begin floor hockey after winter break. Karigon also just finished ice skating intramurals which took place at the hockey rink located in the commons.

For more information on the intramural opportunities available for your child please contact their physical education teacher.

Questions, Comments, Concerns and Suggestions regarding this newsletter can be sent to:

**Kelly Ledwith**

Physical Educator - Koda MS/Shatekon Elementary

LedwKell@shenet.org or x 48552

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