

# The Spaulding Spin

Hello Needham Families,

My name is Mrs. Spaulding and I am your child's PE teacher! I want my students to have the knowledge, skills and confidence to enjoy a **lifetime** of physical activity. I will be working hard to teach your son or daughter to PLAY 60 and to think about what and how they are treating their bodies. Help them by reminding them to wear tennis shoes and appropriate clothing on PE days. Also, support them by being active. It will be a great school year. WE will be SKATING in November, playing the "Grinch" in December, Jump Roping to build strong hearts in February, The Franklin Mini is always fun, and THE BEST DAY EVER...FIELD DAY!

## Running Club Fun Runs

September - Come join us! Exercise builds BRAIN CELLS!

October - Soccer

November - FOOTBALL

December - I LOVE PE!

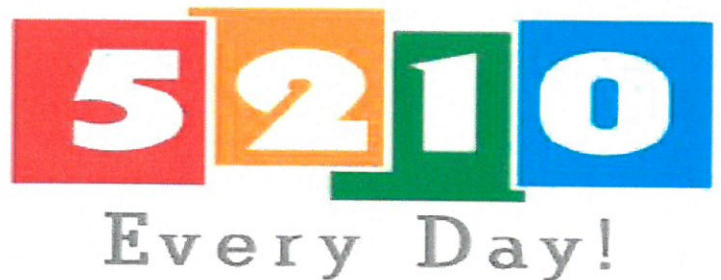
January - WOW! You woke up early for me!!!!

February - HEART

March - MARCH MADNESS

April - Take me out to the ballfield!

May - Franklin Mini! Purple Paw



- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk