



# Panda Press

Mr. Ross, Principal

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## A note from the Principal

During these long and cold winter months, it can be difficult to find things to do and keep your children entertained. Why not pick up or check out a book? Why is reading aloud with your child the number one suggestion from reading experts across the country? Because it builds a desire to read in only 15-20 minutes per day!

Whether your child is already reading or hasn't yet begun, now is the perfect time to start reading aloud regularly. Here are a few tips to help you get the most out of your time together.

### Pass on the Fun

Your child will enjoy good books their warmth and humor when he/she feels that you enjoy reading, too. Find times to read aloud when you aren't rushed or stressed. Try to choose books you both like.

Lots of people are used to reading books from cover to cover without stopping. It's better to read slowly, pausing to answer your child's questions and listen to their comments.

### Look for Meaning

As your reading, ask your youngster questions such as "What's happening on this page?" Once you finish reading, talk about the characters and what happened to them. These talks will help your child understand what's going on in the story, and they are great conversation builders!

### Build Vocabulary

Look for new or unusual words in a story and talk about them. Then you can add to a special list you have created and show your child how much they know.

Remember; never stop reading with your kids. It's an inexpensive pastime that lasts forever.

Come join us for our annual reading breakfast on **March 2<sup>nd</sup> at 7:45 am**. Your child will receive a free book that morning!

I look forward to seeing many of you at conferences on **March 7<sup>th</sup> and March 9<sup>th</sup>**.

Stay warm, and THINK SPRING!

Sincerely,

Ed Ross, Principal

## Come to the Scholastic Book Fair!

Tuesday, February 28 - Thursday, March 9

Open during school hours: 8:40 am - 3:10 pm

### Conference Nights

Tuesday, March 7 and Thursday, March 9  
3:30 pm -7:30 pm

### Grandparents Shopping Event

Saturday, March 4th: 9:00am - Noon

## READING BREAKFAST

Thursday, March 2 @ 7:45 am

Come and enjoy a fresh pastry juice and/or coffee.

Each student who attends will receive free book!



## March Dates to Remember

monday	tuesday	wednesday	thursday	friday
		<b>1</b>	<b>2</b> Reading Breakfast 7:45	<b>3</b>
<b>6</b> PTA Mtg. 6:30	<b>7</b> Parent/Teacher Conferences	<b>8</b>	<b>9</b> Parent/Teacher Conferences	<b>10</b>
<b>13</b> NO SCHOOL	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> Spring Pictures	<b>24</b> School Dance 6-8
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> 1

# Gym"News"ium"

## Physical Education

vs.

## Physical Activity



### What is the difference?

**Physical Activity**—any bodily movement that involves physical exertion.

A physical activity program gets you up and moving, in some form. This can include recreational sports, fitness classes, after-school programs, and recess.

Physical activity is unstructured

Kids can make their own choices and create their own rules

Helpful for learning social skills and problem solving techniques

Just some of the things that count as physical activity...

Dancing

Walking the dog

Doing push-ups

Throwing a baseball

Playing tag at recess

And much more!

Physical activity is one part of a physical education program — but physical activity can be found in many areas outside of physical education.

Physical activity should be incorporated throughout the day: before and after school, and during recess

**Physical Education** — curriculum-based program that teaches students the benefits of physical activity, builds techniques for leading an active lifestyle, and promotes lifelong healthy habits.

A physical education program not only gets children moving, but also teaches them why that activity is important, what types of activity benefit your body, and how you can stay active throughout your life.

Physical education is structured

Students are taught how to play and skills needed to play

Students learn the rules for how to play games and participate

There is a structured warm-up and cool down

Physical education teaches children the importance of being physically active and about the human body and body systems

Physical education programs include:

A written curriculum, with clear objectives

Some form of grading or assessment

Standards and Grade-Level Outcomes

Physical activity for most of the class time

Lessons in ways to lead a healthy lifestyle through physical activity, nutrition, fitness, and social responsibility

Physical education incorporates physical activity, along with many other things, to form a complete program

Stay tuned next month when we discuss benefits of physical education and physical activity.



## Lost and Found



The Pullman website now has pictures of lost and found items. Click on the Lost and Found link to see the Lost and Found photo album. If you see an item that belongs to your child, please email or call Jennifer in the Health office at 651-425-3602. [jjohanso@sowashco.org](mailto:jjohanso@sowashco.org). Please put your child's name or initials on their clothes and we will attempt to return them to the student. All items that are not claimed by the 15th of each month will be donated to local thrift stores.

## Parent/Teacher Conferences

Tuesday, March 7<sup>th</sup>

&

Thursday, March 9<sup>th</sup>

## FEBRUARY STUDENT OF THE MONTH "Patience"

**Evan Bengston**

**Wikloria Bizon**

**Annibelle Bous**

**Mayra Casarrubias**

**Zach Dziki**

**Yamilet Bautisa Guitierrez**

**Mason Her**

**Madison Himes**

**Eva Hozza**

**Nyarai Lobely**

**Trenton Martinez**

**Landon Moua**

**Kaden Nguyen**

**Nick Oney**

**Chloe Ott**

**Hannah Seerup**

**Izzy Tennis**

**Connor Vang**

**Amorieanna Winans**

**Ashlynn Zeug**