



Panda Press

Mr. Ross, Principal

Office Phone: 651.425.3601

Absence Line: 651.425.3606

A note from the Principal

Thanks to all our 5th grade students and the PTA for a great spring dance. It was fun to see all of our students and families enjoying an evening of dancing at Pullman!

I would like to take this opportunity to inform you of our classroom placements for the upcoming year. If you wish to have input into your child's placement for next year you need to do the following steps:

1. Stop by the Pullman office and pick up a request form
2. Return the forms to the office by Friday, April 27th.

We will not honor any requests that are turned in past the deadline. Please remember that there are many factors to consider when creating classes and achieving the correct balance takes an effort between the parent, teacher and office. If you have any questions, please call 425-3601.

Finally, I want to remind parents of our state MCA tests for 3rd/4th/5th grade students. These tests will be starting the week of April 9th (reading) and April 17th (math). Testing will finish up the first week of May for all 3rd/4th/5th grade students. It is important for your child to be at school on these testing days. Please schedule appointments for after school these weeks. Also, please encourage your child to take their time and do their best effort! You can help them by making sure they have enough sleep and have had a healthy breakfast before coming to school. They have worked hard all year and want to see them do their best!

As always, please notice the important upcoming dates. As we move into the last few months of the school year, there are many things happening here at Pullman!

Sincerely,

Ed Ross/Principal



Yearbooks are still available online until April 8th. The code that is needed to place your order is below.

Ybpay.lifetouch.com
ID code: 2242718

April Dates to Remember



monday	tuesday	wednesday	thursday	friday
2	3	4	5	6
PTA Mtg.				No PK classes
9	10	11	12	13
	Fundraiser forms due			
16	17	18	19	20
23	24	25	26	27
30				
				1

Heggies pizza fundraising forms due Tues., April 10th

Gym"News"ium"

Benefits of Physical Education vs. Physical Activity



Benefits of Physical Activity:

- Releases endorphins.
- Children who get at least **15 minutes** of recess a day behave better in class than students who get less than 15 minutes a day.
- Strengthens muscles / bone density.
- Children ages 6-17 should get at least **60 minutes** of physical activity per day, according to the U.S. Dept. of Health and Human Services.
- Reduces risk for diabetes, obesity, depression, and heart disease.
- Enhances cognition.
- Children respond to cognitive tasks **faster** and with **greater accuracy** after a session of physical activity.

Benefits of Physical Education:

- Teaches safe and correct exercise techniques.
- Promotes good nutrition and understanding of the body.
- Encourages lifelong health habits, decreases chances of unhealthy adult lifestyle.
- Overweight teens have a **70% chance** of becoming overweight or obese adults.
- Enhances academic performance.
- Endurance exercise increases **oxygen** to the brain, strengthens **neurotransmitters**, and stimulates **brain growth** — improving your ability to think, learn, and retain information.
- In physically fit children, the **hippocampus** (region of the brain affecting learning and memory) is roughly **12% larger** than less fit children.
- In several schools around the nation, students received higher standardized math scores when schools provided at least **90 minutes of physical education** per week.

Volunteers are needed for the 5th grade Track and Field Meet

Where: Park High School Stadium

When: Wednesday, May 23rd, 9:30 – 1:30

If interested, contact Mr. Cronin or Ms. Maes 425-3663