

The Physical Educator

Health and Physical Education
Department, Freeport Area SD

Spring 2017



Jumping for Heart Health with the AHA

During the month of March, students at South Buffalo Elementary participated in Jump Rope for Heart (JRFH). Affiliated with the American Heart Association, JRFH promotes heart disease awareness and exercise while raising money for the AHA.

Students avidly raised money by asking friends and family for donations. With nearly 100 of our 280 students collecting donations, students and staff raised \$5,638! An achievement the entire South Buffalo family is proud of. Any student who raised over \$100 was allowed to “pie” a teacher of their choice at a school wide assembly.

Over 37 pies were dished out to well-receiving teachers.

Thank you to everyone who made the fundraiser an enjoyable and rewarding time!



#yoga #namaste #mindbodysoul

Beginning last school year, 7th and 8th grade students at Freeport Area Middle School have the opportunity to take a yoga elective. It is a daily class running nine weeks, offered two quarters each year. In the class, students learn breathing techniques, basic to intermediate yoga, and how to create their own sequences. Yoga provides each student to be in a state of well-being.

First, yoga enhances physical flexibility, strength, coordination, and body awareness. While performing poses, students are moving their muscles in different ways, which allow improvement of physical health. Second, yoga enhances students’ concentration and builds self-

Top Healthy Snacks on the Road

Do you lead a busy life that makes it difficult to make home cooked meals? Try these snacks between mealtime that are full of important vitamins and minerals that are easy to prepare and take with you!

Bananas – the only fruit that comes in its own wrapper!

Jerky – high in protein, low in fat

Grapes and Walnuts – tasty combo with natural sugar and fiber

Fresh Strawberries – high amounts of vitamins and a natural anti-inflammatory

Hard Boiled Egg – protein and natural occurring vitamins and minerals

Stove Popped Popcorn – go light on the butter and salt for a whole grain snack high in fiber and easily taken on the road

esteem and confidence. Yoga practice allows students to clear their minds, and focus on the effort they are putting into poses. A yoga teacher gives guidelines for each pose, but it is the student who has to work to be successful through patience and perseverance. Therefore, when a student accomplishes a pose, he or she will build self-esteem and confidence.

Yoga is a great activity for students to balance their four areas of health. Students are enhancing their physical, emotional, social, and mental health by participating in this yoga elective!

Evidence Based Prevention Curriculum – Botvin Life Skills

In early November, sixth grade students at Freeport Area Middle School began a research-validated substance abuse prevention program to raise awareness of alcohol, tobacco, drugs, and violence. The comprehensive program is proven to reduce the risks of the above factors for adolescents and young teenagers.

Students participated in roughly one lesson per six day cycle and lasted through late March. The Botvin Life Skills program helped students develop greater self-esteem and self-confidence while giving them skills to cope with anxiety in an effective manner. Students analyzed how different forms of media can shape a person's attitude towards certain products and behaviors. Students also learned immediate consequences of drug abuse and put the skills they learned to the test by performing various activities each lesson. Activities ranged from behavioral rehearsal to open discussions.

Next year, those same students will participate in the Botvin Life Skills program again as a seventh grader, before culminating the program as an eighth grade student. Students entering sixth grade next school year will also be participating in the program.

Differentiating for Body Systems

Fourth grade students at South Buffalo Elementary invested two classes in learning about the skeletal system. Although there are over 206 bones in the adult body, the purpose of all of them is to either provide protection, support, and/or movement. To understand this, students utilized various learning activities including interactive

iPad apps, life-sized skeletal puzzles, short videos, and age-appropriate literature. Of the hands-on activities students utilized, the 32" miniature skeletons were the student favorite. Students used the miniature moveable model skeleton to identify and learn the names of various bones and joints.

Local Summertime Sunshine

While our climate in southwestern Pennsylvania denies us access to copious amounts of Vitamin D during the winter months, the summer months offer plenty of opportunities to get outdoors and get our bodies moving. So what are some things you can do outdoors that will benefit your health and wellness?

For starters we have our popular bicycle and pedestrian friendly Butler-Freeport Community Trail that begins in Laneville and follows Buffalo Creek clear into Butler. There are over a dozen access points on the twenty mile trail that offer parking for your vehicle so you can get on at various points. Buffalo Creek is also a Pennsylvania Fish & Game Commission stocked trout stream that offers fun for the whole family. More information can be found at: <https://www.butlerfreeporttrail.org/>.

Harrison Hills Park in Natrona Heights offers over 14 miles of trails through its scenic park which overlooks the Allegheny River. While not a paved trail like the aforementioned Butler-Freeport trail, it offers different routes and is easily navigable.

Northmoreland Park is a 548 acre park with two lakes that allow both canoeing and kayaking. The park is only a 15 minute drive from downtown Freeport.