

PS 174 Q – WILLIAM SIDNEY MOUNT SCHOOL
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PHYSICAL/HEALTH EDUCATION
MS. BORGES & MR. NICCOLICH

Ah, April! We are all looking forward to warmer weather and outdoor activities. As the temperature rises, we can once again enjoy the great outdoors for physical activities. One of the most enjoyable exercises is bicycle riding. As many of our students learn how to ride a bicycle or reacquaint themselves with their bikes, it is important to observe the safety rules and guidelines of bicycling.

- Always wear a helmet. Make sure to get a helmet that fits properly.
- Check out the bike, especially if it has been in storage for the winter. Make sure everything is still working.
- Remember to adjust the seat to the correct height. Children can grow a lot from season to season.
- Do not ride your bike across intersections. Walk your bicycle through the crosswalk and be careful of turning cars!
- Wear sneakers! Proper footwear is important.

Healthy Hint: Make being heart-healthy a family activity. Have your children help you plan and prepare meals that are healthy and simple. Have them help you prepare the meals. The more they feel involved with preparing healthy meals, the more they will remember to make healthy choices for themselves when they are older.

Please remember to send your child to school with sneakers and sweatpants on their assigned gym day. Check with your child's teacher to find out what day the class has gym.