

PS 174 Q – WILLIAM SIDNEY MOUNT SCHOOL

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PHYSICAL/HEALTH EDUCATION MR. NICCOLICH & MS. BORGES

When the weather turns cold and it gets dark earlier, keeping kids active can take some creativity. Here are some ideas for keeping your family moving all winter long.

- **Dance Your Heart Out!** Encourage your child to pick the music, crank it up and then dance away! March, box step, bounce, spin, shake it...all great ways to burn calories.
- **Take it Outside.** If there is snow, get the whole family outside to do some sledding, build snow forts and throw snowballs, build a snow sculpture – anything that keeps the kids moving and having fun.
- **Visit the Library.** Libraries are a great resource for children’s fitness videos and books, which you can use to teach your child about indoor exercises. Best of all, it’s free!
- **Find Middle Ground.** If it’s impossible to pry kids away from the TV, encourage them to do jumping jacks, sit-ups, push-ups and stretches during commercial breaks.

Healthy Hint: Just some small changes in behavior, such as walking up the stairs or to the store and eliminating the extra junk food snack, can lead to a healthier life. As you spend the holidays with family and friends, share your ideas on how you plan to make 2019 a happy and healthy year for you and your family.

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