

NUTLEY SCHOOL'S

Physical Education & Health Newsletter

Tips for Staying Active Over Break

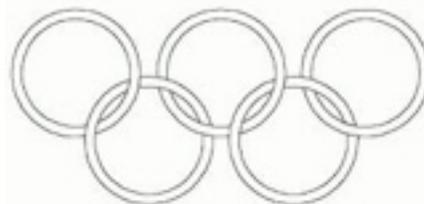
K-6

1. Ride anything on wheels for 30 minutes (bikes, scooters, etc.)
2. Set aside time each day to be active. Make it a part of your routine.
3. Make your own obstacle course and race your family and friends!
4. Grab a friend and challenge each other to exercise each day!
5. When its extra hot plan for indoor activities .. Wii Fit is a great alternative.
6. Get a group of friends and play soccer, baseball, football, or frisbee!
7. Go to camp and work on your skills!
8. When watching TV do an exercise during the commercial breaks.
9. Meet at the park and play basketball with a group of friends or family!
10. Walk the beach and gather sea shells.

2016 Junior Olympics



Junior Olympics had another successful year! Representing Lincoln School in orange was Mr Gargiulo, Radcliffe School in green was Mr. Armando, Spring Garden in yellow tye-dye Mr. Grant, Washington School in blue and purple Mrs. Moscaritola, and Yantacaw School in pink and purple Mrs. Dow. The Olympiads competed in five events: Throwing for distance, standing broad jump, the shuttle relay race, 50 yard dash, and the long distance run. They fought through the heat and their sportsmanship was to be commended. Each school brought their top fifth and sixth graders to compete in the track and field events, while the fourth, fifth, and sixth grade non competitors cheered on their school! Special thank you to Mrs. Powell, Mr. Smyth, Mr. V, the nurses, athletic trainer, principals, teachers, and NHS track team for all you their assistance to make the Olympics a success.



Tips for Staying Active Over Break

7-12

1. Try to walk 10,000 steps per day!
2. Go for a jog on the beach or through the park
3. Go for a nature walk or a hike.
4. Get a group of friends together to play pool basketball.
5. When its extra hot plan for indoor activities .. Push-ups, sit-ups, and jumping jacks can be done anywhere!



6. Join a sports camp! Work on improving your skills for the activity of your choice.
7. Bring a volleyball or football to the beach and organize a game.
8. Go down to the park to play basketball with friends or family.
9. Go for a bike ride through the parks!

Nutley High School Archery Team

Nutley High School competed for the first time in the 2016 NJ NASP State Tournament. There were 304 archers (134 females and 170 males) from 16 schools that competed in this year's state virtual tournament, making this New Jersey's largest state tournament ever. We are pleased to announce Nutley High School placed third in the team division. Megan Cho placed 5th and Ming Li Lim placed 10th in the Individual Rankings Female, High School Division. In the Individual Rankings Male, High School Division, Liam Sweeney placed second. Congratulations to all archers and Mr. Noonan on a successful season.



Jump with Jill at Lincoln School!

Lincoln School nurse, Mrs. Gonzalez, arranged for students to participate in an exciting educational program that encourages students to make healthy choices. Jump with Jill is a music-based health program for kids that makes nutrition education rock. Jump



with Jill uses music and dance to celebrate healthy habits by transforming nutrition education into a live concert. The show uses singable anthems guaranteed to get students moving and learning about healthy habits.