

October 2018

Dear Dunham Parents and Families,

I am thrilled to be back teaching your children again this year. I have been teaching physical education and adaptive physical education since 1982. I also have been teaching swimming since I was 15. (Whenever that was!)

My PE program wraps exciting games, fun activities and skill building lessons around units of Soccer, Football, Volleyball, Basketball and Baseball. I also teach fun playground activities such as tetherball, handball, and old classics such as four square, jump roping and spud. The younger students will also receive a unit on Gymnastics. In the spring, the fifth and sixth grade classes focus on preparing for the West Side Relays, a track and field day hosted by Petaluma High School. This year's track event will be held on Monday May 13, 2019. The fifth grade has taken a pretest in September and October to prepare for the state fitness testing that occurs in the spring. My focus for the physical education program is to increase the skills and to expose the students to a variety of games and sports while promoting fitness and sportsmanship. Every child has the chance to succeed. I want them to feel good about themselves and have fun!

As we enter the cooler seasons, I want to help remind students and parents to please continue to have the children wear athletic shoes. Although it can be cozy to wear Yugg style boots, or the fact that you want to keep your children's feet dry in rain boots, for their safety it is important that they wear/bring athletic shoes. Sometimes it might rain in the morning and then clear enough for us to be outside in the afternoon. We also do some running in the community room. Some parents have sent athletic shoes with the children to keep in their cubby, or backpacks. Please, for your child's safety, have them wear (or bring) athletic shoes every Tuesday, Wednesday and Friday. I also request that students who have hair that gets in their eyes to tie, or clip back their hair during PE. as it gets so windy in Petaluma. Thank you for your support on this. If you have any questions don't hesitate to send a message along with your child, or email me at jcampbell@dunhamsd.k12.ca.us.

I remind the children to use the bathroom and get a drink of water before we run the mile. I let the kids have water again after the mile. 4th-6th can run a mile in 10 minutes or less, and 1st -3rd run it in under 13 minutes.

The students have also been learning the bones and muscles of the body and how to find their pulse to count their heart rate. During the year the students will be given different information about their heart, fitness and nutrition.

If you happen to come into the community room, you will see a PE bulletin board. I Love displaying pictures of the students being active outside of school. There also is a skeleton and a body showing some names of muscles. My favorite poem is hung: Humble and Kind, which I continually stress in my classes.

Again, thank you for the privilege of teaching your children PE at Dunham School.

Sincerely,



Jane Campbell
Ms. Jane Campbell