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## PE Scholars Monthly Newsletter #8, 6/4/2014

### Teachers Corner

By Kim Anehall

#### Dance, Fitness, Health, and Physical Education at Boone

The month of May has offered a feast of wellness related experiences at Boone Elementary School. We had the First Annual Health Fair on May 1st for the community, the fitness classes offered by the Community Outreach Muscle Engagement Program came to an end for parents for the third year in a row. The Wellness Team held a successful final meeting of the year and we held the ninth annual Olympic Field Days, which was celebrated with a strong sense of global responsibility. Mrs. Spears held an amazing DanceTravaganza and the Boone elective dancers performed with the Joffrey Balle's middle school program in several schools throughout Chicago. Fuel Up to Play 60 made a huge impact on our students, as sixth grader Sulimaan Kabir was elected to represent Fuel Up to Play 60 in the state of Illinois as a State Ambassador and is going to represent the state in Texas this summer. A group of students were also fortunate to visit Halas Hall for a fun weekend fieldtrip full of exercise and nutritionally healthy activities through the Fuel Up to Play 60 program. Many of our fantastic teachers also took part in encourage exercise such as Mr. Soto who organized a student versus teacher volleyball game and our Grow Well: Garden Committee has taken to the ground with green fingers to educate our future generation about how food comes from dirt. Lastly, Boone received bronze award in the HealthierUS School Challenge in Illinois and we achieved the 2014 Bronze National Recognition Award. All of this could not have happened without our students achievement, parents involvement, teachers dedication, and community sense of togetherness. I want to an extend a deep sense of gratitude to all of you for your efforts to make this possible -- thank you!



**Fitness Corner**  
By Michelle Audisho

**Pilates**

Pilates is a form of exercise that mainly focuses on the balance throughout the body. Balance is made by neuromuscular control and flexibility of the core, if any of those elements are lacking movement will be inefficient. This form of exercise works for a large range of people such as youth, athletes and old. Pilates works out every part of your body without over-tiring a muscle group. It also benefits your emotional wellness by reducing stress. The stretching helps pump nutrients to your muscles and tendons. As circulation, relaxes aches and stiffness. Pilates are filled with numerous benefits, so you should try Pilates today!



**PE Corner**  
By Sulimaan Kabir

**Olympic Field Days**

May 28th and 29th of 2014 we had our annual Olympic Field Days. All students participated where the Kindergarteners to the eighth graders participated in events on two separate days. Each class represented a different country just like in the Olympics. This experience was very gratifying to me, as I could compete against others and I had a great time to spend with my classmates. Some events were the softball throw, 600 meter dash, 50 meter dash, the long jump, pushups, and pull ups. I participated in almost all these events. The hardest and greatest event was the 600 meter dash, which I participated in and I amazed myself. I had a great time doing the long jump. Everyone I talked to had a fun time and we hoped that this will not be the last Olympic field day for a long time.



**Nutrition Corner**  
By Nadia Abdulridha

**Why We Need Sodium**

Sodium is an essential part of our diet. Yet, too much intake of salt may lead to diabetes, heart disease and other fatal cancers. Particular foods, such as milk, celery and beets contain natural salts. On the other hand, you are able to apply salt to any other foods such as meats and vegetables. A place to avoid is fast food restaurants. Those restaurants are generally very high in sodium. Your body needs salt to maintain balanced blood pressure and enough nerve and muscle function. Sodium is an electrolyte and your body needs the electrolytes to control your blood volume. "Your kidneys remove excess foods from your blood by osmosis, which is a process by which food is drawn across cell walls." (Livestrong). Sodium is a must substance in your body, yet too much can lead to diseases.

