



# **JANUARY 2020**

## **JOE HALL**

### **P. E. NEWS**

Joe Hall Elementary

#### **Big News**

I am very excited that we will be participating in the American Heart Association's, Kids Heart Challenge in on the 23 of this month. Any student may participate in the fund raiser just by collecting a minimum of \$15. Students will earn prizes based on the amount of money they bring in. The event will include activities such as jump rope, dance, hoops, and exercise challenges. Please do not allow children to collect from anyone they do not know, but help them in any way you can. Taking care of our heart is important at every age so show support by encouraging our students.

We will start concentrating on improving our flexibility, strength, and running endurance so we can improve our scores on the Aspen Fitness Post-test in March.

**Eat Healthy**

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**Exercise as a  
family**

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**Remember Kids  
Heart Challenge is  
Jan. 23, 2020**

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**Thanks for  
coming out for  
Field Day**

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**ANN MATTHEWS  
P. E. TEACHER**

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