***HES Physical Education Newsletter***

**October 20th - Annual Plott Trot Family Night**

On October 20th we will be having our annual Plott Trot family night. This is a great opportunity for students, families, and teachers to synergize together to support the PTO at Hazelwood. Hope to see you there!

**Welcome Mr. Benken!**

 We are happy to welcome Mr. Benken to Hazelwood. Mr. Benken is in his final semester at Western Carolina University, where he will earn his Bachelors in Health and Physical Education. After completing the semester at Hazelwood and graduation from WCU, Mr. Benken will be traveling back to his hometown of Atlanta, Georgia. There, he has been accepted to Umpire School where he hopes to learn to become a professional baseball umpire.

**Physical Education “WIGS”**

Using our fitness assessments completed earlier in the school year, each 3rd - 5th grade class has created a Wildly Important Goal, or “WIG”, for the PACER test. Each class developed a plan and came up with 3 strategies to help them reach their “WIG”. Please ask your student about their WIG in physical education and encourage them to work hard to reach their goal.

**Check out these Resources!!!**

*WEBSITES:*

[**www.gonoodle.com**](http://www.gonoodle.com)

[**http://www.letsmove.gov/get-active**](http://www.letsmove.gov/get-active)

*APPS:*

Runbit (available on IOS or Android)

*“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”*

*John F. Kennedy*