



PTO Newsletter

January 2010

Don't Hibernate...Participate!

-Kami Greenhagen Jones, MPH
Gold Medal School Mentor

Being physically active can be difficult when the days are short, cold, and the air quality is poor. Too many kids choose to be inactive during the winter and end up sitting around the house watching television and/or playing video games.

This year, make a resolution to help your kids enjoy the fun only available during Utah's winter months. Here are some tips to help you and your kids get moving:\

Take It Outside

- Create a 3-D family portrait. Build a snowperson look-alike for each family member. Make a family of snow angels.
- Build snow castles, mazes, or snow sculptures. Play snow tag.
- Go sledding. Remember the helmets!
- Use food coloring in a spray bottle to create a hopscotch game on the snow.
- Encourage kids to walk to a friend's house on warmer days.
- Do service for someone else by shoveling their driveway,
- Plan family activities like snowshoeing, hockey, skiing, or ice skating.

Indoor Fun

- Organize a house fitness circuit. Include jumping jacks in the living room, wall push-ups in the bedroom, and kicks in the kitchen.
- Help with housework. Tidy up and vacuum with vigor.
- Go swimming. Also try indoor skating, bowling and indoor playgrounds.
- Take in a museum. Walk a mall or an art gallery.
- Limit the amount of time your child spends doing non-active activities.

For more ideas on how you can keep your family healthy, visit the Gold Medal School Parent Page at www.hearthishighway.org/gms/parents.html.

Save these Dates

Dec. 23– SHORT DAY

Dec. 24– Jan. 1– No School

Jan. 4– School begins; Tracks B,C, D

Jan. 6– Musical Rehearsals start 3:30 – 5:30 p.m.

Jan. 7– PTO Meeting 9:30 a.m.

Jan. 18– No School

Jan. 20– Dads & Donuts 7:50-8:20 a.m.

Jan. 21– Parents Math Night, 6 p.m.; Girls & Boys Maturation, 7:30 p.m.; School Community Council meeting to follow

Jan. 29– Utah Sports Day

Check out the school blog, www.southlandelementary.blogspot.com for updated calendars and to find out what's going on at our school.

