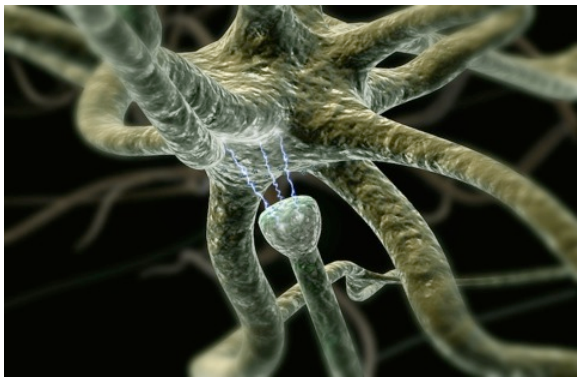


The SAW

Summit Elementary PE and Health News



The brain works by making physical connections every time we learn something new. Exercise improves learning.

To learn more about the science of the brain and exercise visit sparkinglife.org



Did you know....

Childhood obesity has more than tripled in the past 30 years?

School-age kids are in front of a media screen as much as 7 1/2 hours each day?



When we exercise we help prepare our brains to make the connections for the new information we are learning in school each and every day. Scientific fitness studies have linked exercise with academic improvement. One of the goals in the gym at Summit school is to get your child moving to help this process during the school week. Exercise also keeps our body healthy which prevents illness and disease.

Here are some things you can do to help your child get plenty of exercise:

- Limit 'screen' time
- Sign up for a sport
- Encourage outdoor play
- Play with your child
- Go for daily family walks

How can we improve our program? Mr. Holden would love to hear from you! Please email comments and suggestions to erik_holden@natronaschools.org

