

Celebrate the New Year and Ownership Month!

What is your New Year's resolution for a happy, healthy 2020? I feel like every year we make goals for ourselves that are hard to keep! There's no better way to celebrate the New Year than taking responsibility for your health and happiness! As you are thinking about the year ahead, keep it simple. Find easy ways to make it a healthy year! Here are 10 things to think about as you plan your year!

1. Get enough sleep! 10-12 hours a night for school age children & 7-9 hours a night for adults.
2. Brush your teeth twice a day, floss once a day and get regular dentist check-ups.
3. Drink lots of water.
4. Maintain a balanced, colorful diet with lots of fruits and vegetables, keeping sugar, salt and fat to a minimum.
5. Exercise for 60 minutes, every day! Think of all the different activities that can get your heart going and your lungs working! Remember, the 60 minutes doesn't have to be all in a row! Research has shown that continuous exercise in 10 minute bursts has great benefits for your heart!
6. LAUGH...A LOT!
7. Make it a habit to tell the truth, say you are sorry (genuinely) and say please and thank you!
8. Give out compliments often! It will make you and others feel good!
9. Limit the number of hours watching television and playing video games!
10. Read....a book, newspaper, magazine, blog...it doesn't matter as long as you are exercising that brain and reading!

Check out [THIS LINK](#) for some other New Year's resolution ideas for families!



Creekside Physical Education Featured Units

January 6th - January 23rd	In-Line Skating
January 7th - February 7th	Racquets & Paddle, Manipulative and Multicultural Activities
February 10th - February 20th	Lacrosse and Scoops Activities
February 24th - March 20th	Tumbling & Educational Gymnastics



IN-LINE SKATING For the next 3 weeks we will be in-line skating with all of our Kindergarten through 5th grade classes! They LOVE this! Some of our students have never skated before so it is SO FUN to watch them learn how and discover a brand new way to be active for a lifetime! We definitely recommend socks that are high enough to reach over your child's ankles if they have them. This helps with the comfort of the skate boot. If your child has their own helmet, they can be brought to school and used throughout this unit. This is highly recommended, however is not necessary as we have safety equipment for all of our students! Please feel free to join us for any lesson! We have skate sizes up to Men's 13!!! ☺

4th and 5th graders be AWARE! Puberty is coming!

I have heard many times over the last few weeks.....is it really time to have that talk??? YES! In Health Education 4th and 5th graders have been diving into unit on Human Growth and Development. Parents, you should have received our district's Parent Resource Guide for HG&D that gives a brief, but detailed explanation of the curriculum. If you have any questions, please feel free to contact Mrs. Anderson.



P.E. Reminder...

Especially with the wet winter months ahead, we would like to make a reminder to have a pair of gym shoes at school with your son or daughter. They can stay in their lockers until they need them for class. This will prevent wet boots, which not only create a danger for students on the gymnasium floor, but are not ideal for many activities that we do during Physical Education classes. It might be helpful to send a pair of dry socks with them as well that can stay at school with their shoes!



DID YOU GET YOUR 60?

Cody's Cross Fit Club Before & Afterschool Fitness Challenge

As part of our Active Schools: Core 4+ and FuelUp to Play60 initiatives, Cody has made a monthly challenge to all Creekside Students to get fit! We know that all children NEED 60 minutes of exercise EVERY day! Parents, you need at least 30 minutes of exercise EVERY day!!



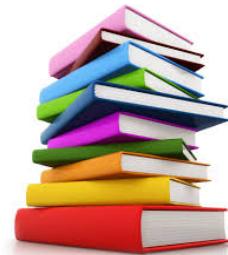
Children will receive a monthly calendar for before and after school movement! Any time a student gets 60 minutes or more a day of heart pounding, muscle contracting, sweat dripping exercise, they can put an "X" on that day. Have a parent join in on the action, add another "X". At the end of the month, bring the completed calendar back to Ms. Scullin, Mrs. Anderson or your teacher to give to them! You can find our January Calendar linked [HERE!](#)

You may be asking yourself what these "X's" get you...prepare to get excited! We will be awarding all of our Fitness Challenge participants a prize for their movement! Each "X" is an entry into our raffle drawing. Then at the end of the month, I will pick a few lucky winners for an additional prize. Finally those entries will go into a giant raffle at the end of the year for two students to win a Mason Crosby autographed football! Are you getting your 60 minutes of exercise each day?

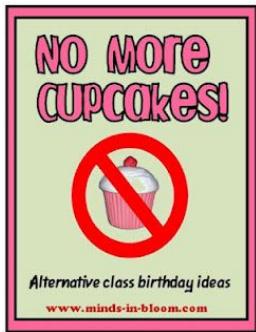
If you have your completed the December DGY60 Calendars, make sure to turn them in to Mrs. Anderson by Friday, 12/17! Two lucky winners will win Packer Stocking Hats and a Fuel Up prize package!



Birthday Treat Consideration Many families at Creekside enjoy celebrating their child's birthday (or amazing life milestones) and sharing that celebration with the whole class! This sounds like a spectacular idea, however can get very expensive when you are considering 20 plus extra bodies. I received a non-edible gift from a student celebrating her birthday which I loved! It was a twisty straw that I could use again and again, and that wouldn't add extra sugar and calories to my day. Cupcakes for birthdays are not outlawed in the Sun Prairie Area School District, nor is a birthday gift required to be given, however if you are looking to help your child celebrate their awesome day with their class, please



consider a purchase that might have more meaning and benefit the classroom. Perhaps asking the teacher what books they may need for their library, extra supplies they are running low on or even volunteer your time to read or work with the class could be alternate options. These are all amazing substitutes.



If a gift is what you are looking to give each child, think about perhaps a fun idea like the straw, perhaps a sticker book, small notepad and pencil, maybe even a fun little pencil sharpener and eraser set. These can be practical gifts that may even cost a lot less than those mile high frosting layered cupcakes. If you do choose to stick with a cookie or cupcake, they MUST be store bought with a visible Nutrition Facts Label on the packaging and they need to make a stop with our school nurse, Amanda Sullivan before they can be delivered to the classroom!

Free-2B-Fit Club for 3-5 and K-2

We still have spaces available for our Free-2B-Fit Club on Tuesday nights. Our first session of 3-5 just came to a close and our first session of K-2 just started! If your child would like to join Free-2B-Fit Club after school please email Mrs. Anderson. It runs on Tuesdays from 3:10pm - 4:10pm. See below for grade level sessions. If students are signed up for their grade level, they automatically signed up for both sessions. If siblings and travel is a problem, let me know, we can work something out!



- K-2: Session 1- 12/3 - 1/28 (not including winter break days)
- 3-5: Session 2 - 2/4 - 3/31 (not including spring break)
- K-2: Session 2 - 4/7 - 5/26



Kicks Unlimited (<https://kickssp.com/>) We had an awesome ½ hour lesson from Kicks Unlimited in November. They are an amazing Sun Prairie Karate School that also provided us with a great deal for your child to take their introductory class. Have you ever tried Kicks before? If not, go to the Kicks website and click on "Kids Martial Arts".

Make sure to enter the code "Creekside" and hit APPLY CODE to get the 50% off 6-Week Special. The 6-week program is \$34.50 for lessons and a uniform. Don't forget to click on APPLY CODE before you check out!

SAVE THE DATE for these Up and Coming Events – Keep Your Fingers Crossed for SNOW

Madison has tons of wintery sports to try! Ice fishing, skating and skiing—oh, my! Our health-conscious capital city is filled with infinite ways to enjoy fresh-air fun while earning a rosy glow.

Ice fishing: Madison's love of lakes extends to ice fishing season. Get details from the DNR on where to go and how to stay safe.

Skating: Ice skating is free at Madison Parks. Don't have skates? Tenney, Vilas and Elver parks all offer rentals (and warming houses)! Our own SP Ice Inc. has open skate on Sundays for \$6 and rentals are only \$3. They have a family special for \$20 which includes skate rentals if needed! Check out their website for more information. (<https://www.sunprairieice.com/open-skate>)

Skiing: Cascade Mountain, Tyrol Basin and Devil's Head Ski Resort are just a few slopes that surround our Madison area.



Cross country skiing and snowshoe: Seven of Madison's City Parks have signed and groomed trails for cross-country skiing—22 miles of trails in total! Both skate-style and cross-country style skiing is allowed, and trails typically open once four inches of snow falls. Trail passes are required at some locations.

Sledding: As long as there is snow, there are many parks all around Sun Prairie and Madison that offer great hills for sledding!

Madison Winter Festival 2020 (<http://www.winter-fest.com/>) - Elver Park

February 1st & 2nd (please see their website for all activities, events, days and times)

** This is NOT a Creekside sponsored event

- Ice Age Challenge
- Movin' Shoes Frosty Kids Fun Run, Adult 5K Run/Walk & Frosty 1.5 mile Dog Jog/Walk
- Snowshoeing & 2020 Snowshoe Scurry
- Candlelight Ski/Snowshoe Tour
- Hockey
- Cross Country Skiing
- Ice Carving
- Wisconsin Nordic Ski League Championship
- AND MORE!



Other Active Opportunities: Parents ask me all the time for ideas to keep their kiddos active outside of school. Here are a few opportunities in Sun Prairie that I know about, which often have child programs for different movement options. They are NOT all on here....so please feel free to share with me other great opportunities that you know about, and I will make sure to share them out with our Creekside Community! Remember, for a healthy, well rounded kid, you want to make sure to give them lots of different movement experiences!

City Of Sun Prairie Parks and Rec Department - rec.cityofsunprairie.com

Prairie Athletic Club - <https://web.prairieathletic.com/>

i9Sports Programs - <https://www.i9sports.com/>

Monona Academy of Dance - <https://www.mononaacademyofdance.org/>

Kicks Unlimited - <https://www.kickssp.com/>

Sun Prairie Ice Arena - <https://www.sunprairieice.com/>

Sun Prairie High School Pool - <https://www.sunprairieschools.org/community/high-school-pool>

Prairie Kids Club - <http://www.prairiekidsclub.com/>

Other Creekside Events, Opportunities and Fundraisers:

I have the opportunity to advise our 4th and 5th grade Leadership Club. We, as a club, offer many events throughout the school year. I thought it would be helpful to provide these fundraising opportunities and activities that are fun through our Health and Physical Education programs as well as Leadership Club. These fundraisers and events are subject to change and in this case, you will be communicated with appropriately. There will be more information on all of the below events throughout the school year! Thank you for your continued support!

Donation Opportunities:

CARDS Closet Collection: looking for unused toiletries of all sizes to make toiletry kits for students that access CARDS Closet. Small unused hotel/travel sized toiletries are welcome. These items can be brought to Mrs. Anderson any time throughout the school year!

Spring School Challenge and Pi Day - Mid March (This one we get cash prizes for top collection and donations.)

CAPS For The Cure - End of April

Pedal For Paws – Tuesday, June 9th Family Bike Night to benefit Custom Canines Service Dog Academy

CARDS Closet Collection – CARDS Closet is an entity of The Sunshine Place where families can find clothing for all of their 4K-12th grade children for FREE! It is simple for families to set up an appointment to shop and anyone in Sun Prairie that has children in the Sun Prairie Area School District is welcome! Gently used and new donations of all clothing and shoes are gladly accepted from community members.



How can we help? Although CARDS Closet will take any clothing and shoe donation, Creekside Leadership Club is collecting "Highly Needed Hygiene" items to fill hygiene bags. Throughout the school year we will be collecting any unused hygiene items! Complimentary (UNUSED) hotel toiletries are awesome! Have a family member that travels a lot for work, mini shampoos, conditioners, shower gel, soaps, lotions, toothbrushes and toothpastes can be donated. Right now more than ANYTHING we need full size or mini deodorants, packs of facial tissues, small hand sanitizer bottles, lip balm and travel lotions.



We will be putting together these bags throughout the year! These donations can be brought to Mrs. Anderson at Creekside! Thank you for your donation.

Active Events this year: **Would love volunteer helpers if you are available! Please contact Mrs. Anderson!

2/11 - 5th Grade Cross Country Ski Field Trip to Elver Park

2/12 - 4th Grade Cross Country Ski Field Trip to Elver Park

2/13 - 3rd Grade Cross Country Ski Field Trip to Elver Park

3/2 - 3/6 Take Your Parent to PE Week 3.0

3/11, 3/12, 3/13 - Gymnastics Family Nights & Day (3/12 & 3/13 is P/T Conference Day)

3/12 - Gymnastics Student Show 1:00pm - 1:45pm

4/7-5/28 Morning Walking School Bus** [Creekside Walking School Bus Sign-Up](#)

4/20 - 4/24 Every Kid Healthy Week

5/6 -National Bike to School Day**

5/11 - 5/15 Take Your Parent to PE Week 4.0

5/11-5/15 - National Bike to Work Week

5/27 - All Bus Drop Off**

6/3 - Field Day**

6/1 - 6/5 Wisconsin Bike Week

6/9 - Pedal For Paws

Alison Anderson

ajander@sunprairieschools.org

608.834.7721

Megan Scullin

mmscull@sunprairieschools.org

608.834.7720