

Healthy Habits

Goosehill Primary School Weekly Notes- January 16, 2015



Dear Parents,

Healthy Habits Day was a terrific success! Thank you to all of our SIT (School Improvement Team) members for planning the day and helping to arrange for the presenters. The children enjoyed learning about a variety of topics. Your child is wearing a button prompting you to **ask about his/her Healthy Habits!** I hope you'll hear about:

Sun Safety- Thank you to Drs. Kaufman (Christian Schrock's mother) and Jones (Justin's father) for their informative presentation on the importance of protecting our skin from the sun.



Bone Health- Thank you to Dr. Foresto (Matthew Lesser's uncle) for his presentation on what happens when a bone breaks, what x-rays look like, and how to promote healthy bones.

Tae Kwon Do- Thank you to Master Choi of **Young's Martial Arts Center** (Woodbury), who donated his time to lead all of our students in a Tae Kwon Do session. (Finn Moriarity and Angus Walton's teacher) If you would like more information about the center, visit: www.YoungsTaeKwonDo.com.



Healthy Foods- Thank you to Ms. Ventura (Zara's mom) for her presentation on choosing foods that help our bodies be strong (fruits and vegetables) and balancing the foods we eat.

Community Helpers: Thank you to Suffolk County Deputy Sheriff Gross and EMTs Mrs. Gurtowski, Kyle Bossico, and Natalia Camarotta for teaching the students about their jobs, staying safe, and for letting the children see the inside of an ambulance.



Art, Music, Physical Education: Thank you to Mrs. Johnson, Mrs. Kotzky, and Mr. Malone for their special sessions on healthy habits. The children enjoyed creating a mural for our school, singing songs, and learning about heart health.

We appreciate having parents and members of our community share their expertise with our children. Thank you again to all who gave of their time today!

School will be closed on Monday for Martin Luther King, Jr. Day. The children have been learning about him in their classrooms and we will celebrate his life's work at our Spirit Day Assembly on Wednesday, January 21st.

Enjoy the three-day weekend!

Warm regards,

Lynn Herschlein

