

# Recess Update!

At least 30 minutes of play everyday

**Recess Star  
Of the Month  
Zania  
Nelson**



**I like recess because we play games. I have people who like me and I get to play with them. I can not last without seeing our recess coach Ms. Wall.**

**Tajhae Powell**



**Star Volunteer:  
Johnathan  
Nelson**

Thank you for supporting our KBA Basketball Team



1

## PARENTS

Encourage and support active & healthy lifestyles at home.

2

## TEACHERS

Lead students in various Recess activities every day for 30 minutes.

3

## COMMUNITY ALLIES

Use skills & abilities to inspire students to be healthy leaders of their own communities!

## Eating Healthy in the Winter by Healthi Kids

*Tips of what fresh fruits and vegetables to eat and where to find them*

The cold winter months mean that some delicious fruits and vegetables are now in season. Don't miss out on the chance to add some color and warmth to your plates this year all while keeping a healthy diet. Root vegetables like beets, carrots, turnips and sweet potatoes are tasty additions to any meal and are sure to warm you up. Fruits like cranberries, oranges, and kiwis are great for brightening up the shorter days here in Rochester. Keeping a healthy diet will also help to keep those winter colds at bay.

# Upcoming Events

Stay Up to Date With all the Recess Program has to Offer!

- Open Gym Mondays Wednesdays and Fridays from 8-9am
- February 16<sup>th</sup> Black History Month Celebration
- February 28<sup>th</sup> KBA Home Basketball Game against School #8 , 4pm
- March 1<sup>st</sup> Walking Wednesday - Mardi Gras Celebration & Parade
- March 17<sup>th</sup> Recess Roller Skating Day
- April 5<sup>th</sup> Walking Club Every Wednesday 8am - 9am Students, Teachers, Staff & Parents  
Track your steps, meet your fitness goals and compete in challenges.
- April 28<sup>th</sup> All Pro Dads & Mighty Moms Dance

**VOLUNTEERS are wanted for our school activities. Make time to make a difference.**

**Contact our school office or ext. 3020**



## Recess Rules

- 1. Respect The Game**
- 2. Play Hard**
- 3. Have Fun**

**TEACHERS**, just a reminder, your monthly activity logs are to be done electronically . Please track activity for one week and submit your log for the month February

1) Every teacher who submits his or her Activity Logs on time is eligible for a gift card valued at **\$100** that may be used for any classroom materials or equipment.

--also--

2) The grade with the highest percentage of on-time, completed Activity Logs will be eligible for a field trip for that grade. Possible field trips include canoeing, bowling, ski lessons, ropes course (at MCC), rock climbing, orienteering, Strong National Museum of Play, and any sporting event.

**Should you need additional equipment or resources contact the Recess Team.**

**February Activity Log link: <https://www.surveymonkey.com/r/febActLog>**

**Thank you for supporting Recess!**

**Recess Team:** Room 122E ext. 1225 **Coaches:** Shawn Anderson, Shurena Wall

**Program Coordinator:** Jackqlynn Snowden Brown

