

# PE+PLUS Newsletter

November 2016



A few highlights from Coach: Athletes, physical education classes are a great way to be a well rounded athlete. It's always healthy to use your body in a wide variety of motions, also practicing activities with both your right and left side (great for your body AND your brain). Overuse injuries (repetition of one sport/one position) account for 50% of youth sports injuries, according to an American Medical Society For Sports Medicine 2014 report.

What we're talking about: This fall, we've taken the opportunity to talk about "His mercies are new every morning." Lam. 3:22-23 God gives us second chances and we should give others second chances. Jonah after his flight and subsequent ride in a fish, was given a second opportunity to accomplish the task that had been asked of him. Noteworthy: even then, after it was accomplished, he didn't have the best attitude. Aren't we happy God loves us through it all.

Give Thanks to the Lord,  
for He is good.  
Psalm 107:1



Just a reminder that Thanksgiving Break  
is November 22 ~ 27  
(Littleton will still have class on November 21)

Registration for the Spring Semester will begin after Thanksgiving Break. Please consider registering before the end of the semester as some of our classes fill up quickly and we do allow families not currently enrolled to sign up after the last day of the semester.

Class cancellations due to weather will be listed on our NEWS! Page and via email. If you do not see your class cancelled please assume we are having class. Feel free to contact us as well. We will make every effort to make a decision by early that morning so that you can plan your day accordingly.



