



# PE+Plus Fall 2019 Newsletter



## A Few Highlights from Coach:

We have been talking in PE about Romans 8:28 ("All things work together for good...") and how this is God's nature -- to turn bad situations into good. We should trust God and pray for this in our lives and the lives of others. I also gave an example about blackberries from my old job at King Soopers that you might ask your kids to share with you! 😊

## How Do We Describe PE+PLUS?

Someone emailed us this fall and asked, "What is the best way to explain what PE+Plus is to my husband? Could you send me info (not on the website)? Thank you!"

Debbie smiled when she saw the question and answered, "Here are a few things (not on the website) that I have said and seen over the years:

- 🔗 Study upon study indicates children learn better when they are active in a variety of movements.
- 🔗 Spatial awareness, flexibility, dodging, catching, and throwing have applications for lifelong health and even safety.
- 🔗 For the rest of their lives, even kids who aren't really skilled athletically will feel comfortable jumping into a game at barbecues and picnics. It's a social comfort/confidence builder.
- 🔗 Companies and other organizations spend money and time creating 'playing well in the sandbox' activities. Because physical education, like PE+Plus, offers an opportunity to experience so many sports, children have an opportunity to play hard with kids who have all types of interests and skill levels. This is generally quite different than playing an organized sport where most of the kids are there because of some level of skill and interest in the area of that sport.
- 🔗 Moms can teach almost anything, but playing dodgeball in the back yard with your mom is just not the same." 😊



## Weather Cancellation Policy

Weather cancellation days are evaluated according to early weather reports (predicted snow depth, wind chill temperatures, blizzard conditions) and Colorado road conditions. We also take a look at the decisions of local schools, businesses, and organizations, and finally, we take notice of whether or not local law enforcement has declared an accident alert (an inability to respond to the large volume of motor vehicle crashes).

We always attempt to make a decision and have an email out by 8:30 or earlier. Usually a real time update will be posted on the announcements page of our website, [peplus.org](http://peplus.org), and an update on our Facebook page (Please be sure to "like" us on Facebook! "PE+Plus"). If you don't hear from us or have any questions, always feel free to call us! Our landline (no texts) is 303-660-2253, Debbie's cell is 720-300-0231, and Coach Dave's cell is 720-300-6811.

Also, if we miss classes at a site, we will not do a group make-up, but you are welcome to do a make-up class at another site or another class time. We always welcome free visits to another site for any type of missed class -- for example illness or traveling. Please do notify us ahead of time so we can plan for the numbers. If there is more than one class per semester at a site missed for a weather cancellation, we will attempt to reschedule the second one.

## Student Assistants



We love to have your older students assist with classes, as we often have opportunities. This is a great way to accumulate volunteer hours for college applications and resumes!