



COACH HAYGOOD'S CORNER

Try Cycling - It's Great Fun!

Cycling, whether it's a day to day activity or an occasional adventure, is a great way to help keep you and the rest of the family healthy. Getting on our bikes more often can help us on the way to making the small changes that can bring short and long term benefits to your health, the environment and your purse.

Cycling is something that really is so simple. All you need is a roadworthy bike and some basic safety gear and then all it just takes a little bit of prac-

tice! Cycling can be enjoyed by most people whatever their age. But, by encouraging kids to cycle from an early age and getting them to take their "Bikeability" test, will equip them with a skill for life.

Bike safety is easy! Staying safe on your bike is not as tricky as it might seem. Follow these simple rules to help you and your children stay protected and be prepared. Make sure the bike fits. Your child must both be

and feel fully in control of their bike. They should be able to put both feet on the floor when they're first starting to learn. Helmets are a must. Long-sleeve tops and trousers offer added protection, as do elbow and knee pads. Be seen to be safe. Ensure maximum visibility on the road with light-colored clothing. Fluorescent clothing is even better, especially in dim light and definitely at night. - it's the law!

What to Look Forward to in Physical Education

The first week of October K-2 will be participating in the scooter relay and 3-5 will participate in close quarters 10/06-10/10

From the dates of 10/13-10/27 all grade levels will participate in a game called bounce bounce.

I will also start taking students height and weight for the Fitnessgram. This month 1st and 2nd grade will start this process this month.

Recipe: Healthy After-school Snack

Garlic Bagel Chips

Melt 3 tablespoons of butter with chopped garlic cloves in a saucepan. Slice stale plain bagels crosswise into thin rounds. Brush the tops with melted garlic butter and sprinkle with grated Parmesan. Bake 10 minutes at 325 degrees F; flip, brush with more butter, sprinkle with more grated Parmesan and bake 10 more minutes.

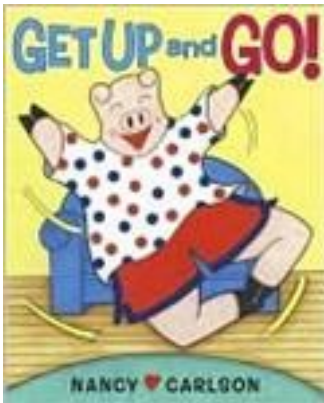


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Coach's Pick: PE Book Of the Month

Get Up and Go! by Nancy Carlson

A colorful cast of active animals demonstrate many excellent ways to exercise. You can stay healthy and have fun when you hit a home run, hike in the woods, help your mom in the garden, or “just walk around the neighborhood.”



Athlete of the Month

Moore was the first overall pick in the 2011 WNBA Draft, and joined a Minnesota Lynx team that already featured all-star caliber players in Seimone Augustus and Lindsay Whalen. Moore was the third-leading scorer on the team during the regular season with 13.2 points per game, which led all rookies. Moore earned Rookie of the Year honors. Moore then helped lead

her team to its first WNBA championship, the second number one draft pick to do so.

Since 2011, Moore has continued to excel, both with the Lynx and with overseas teams in Europe and China. Moore also won a gold medal with the U.S. women's basketball team in the 2012 London Olympics. She won her

second WNBA championship in 2013, in a series where she was named MVP.



Goals for The Year & Relay for Life

This year I want for Dobbs to purchase basketball goals for the gym. It is a pretty tall order and I will work with the PTA and parents on making this goal a reality for our students. I will be soliciting your input on fundraisers that will assist us with obtaining the basketball goals.

Basketball goals cost more than \$2,000 which means that we have a lot of work to do!!!! But we can achieve our goals if we work together. I look forward to working with each of you!



October is designated as breast cancer awareness month. Each year the American Cancer Society sponsors Relay for Life, a 12-hour walk-a-thon to raise money for cancer research. Dobbs ES raised \$1,300 last year and we look forward to exceeding that amount this year. Imani Smith, our student ambassador for Relay for Life, has designated October 24th as the day that all Dobbs students and staff will wear pink in honor of her mother and all people affected by this disease. More information about Relay for Life will be shared as we make plans.