

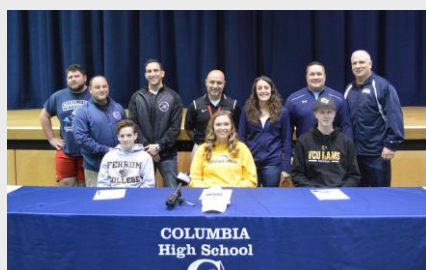
EGPE UPDATE

Monthly Health and Physical Education Update | Volume 4, Issue 4

Monthly Spotlight:

Columbia Student Athletes Sign College Commitments

Columbia students Caitlynn Richardson, Madison Burns and Danny Watson all signed letters of intent to play college sports next year. Caitlynn will be wrestling at Ferrum College, Madison will be playing softball at Hofstra University and Danny will be playing baseball at Virginia Commonwealth University. All three students made their announcements in front of family, friends, teammates and the media on Tuesday, November 21st after school in the CHS auditorium.



Winter Is Coming!

The 2017 year is quickly coming to an end! Please remember to RSVP for the Athletic Department holiday party on December 22nd. The party will begin at 9am and will be held in the Athletic Directors office at CHS. We hope everyone has a wonderful and safe holiday!

CHS PE Bowling 2017-2018

The CHS Physical Education program continued the winter tradition of PE Bowling. During the months of December and January students are transported to the East Greenbush Bowling Center during their regularly scheduled PE classes. The CHS PE program would like to thank the East Greenbush Bowling Center, the EGCS D Transportation Department and CHS Key Club for their cooperation in making this program possible.



Upcoming Events

- 12/25-1/1: Winter Break
- 1/26: K-12 Half-Day Professional Development
- 2/19-2/23: Winter Recess
- 3/23: K-12 Half Day PD
- 3/30-4/6: Spring Recess
- 5/28: Memorial Day
- 6/22: Superintendent's Conference Day

*(please email the editor with any upcoming PE & Health dates)

EGCSD in Service Days

Our upcoming professional development day schedule is as follows: January 26, March 23 and June 22. If you have any ideas on speakers or presenters let us know!

Goff Star Wars Day!

PE teachers Don Marion and Curtis Sankey dressed up as Lando Calrissian and Mace Windu for Star Wars Day hosted by Goff Middle School on December 14th.



CHS Physical Education November & December Students of the Month

Abby Farnan & Robert Wiltsie were named Columbia PE Students of the Month for November while Emma Rainville & Todd Scaccia were named Columbia PE Students of the Month for December. The recipients received this award for outstanding effort, leadership, sportsmanship, and respect in physical education class.



CHS PE Students of the Month - November



CHS PE Students of the Month - December



CHS Wrestling at Hope 7 in Troy, NY

On November 21st the Columbia High School Wrestling Program volunteered to deliver Thanksgiving dinners to Rensselaer County residents in need at the Hope 7 neighborhood recreation center.

