

# EGPE UPDATE

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

## Monthly Spotlight:

### *Sixth Annual Staff Volleyball Battle*

Congratulations to Columbia High School for winning the 2018 Staff Volleyball Battle! We had a full house as all seven district schools competed for the annual crown.

This year, Columbia took down Goff in the finals to win their third annual crown. Each school was represented by faculty and staff at the tournament which collected cans for local food pantries. Thanks you to all the staff members who participated in the volleyball Battle and start assembling your teams for next year's competition.



### *Congratulations Jeanie Schweigert!*

The PE and Health staff would like to congratulate Jeanie Schweigert on her 34 year career as part of the East Greenbush Central School District. Congratulations Jeanie on all your contributions to the district and good luck in retirement!

### *CHS PE Bowling 2018-2019*

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 for some holiday bowling. 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

- 12/24-1/1: Winter Break
- 2/8: K-12 Half-Day PD
- 2/18-2/22: Winter Recess
- 3/15: K-12 Full Day PD
- 4/19-4/26: Spring Recess
- 5/27: Memorial Day
- 6/27: Superintendent's Conference Day

### EGCSD in Service Days

Our upcoming professional development day schedule is as follows: February 8<sup>th</sup>, March 15<sup>th</sup> and June 27<sup>th</sup>. If you have any ideas on speakers or presenters let us know!

### Health Awareness Week!

The 2019 Columbia High School Health Awareness Week will be held in the CHS Auditorium from March 4<sup>th</sup> to March 8<sup>th</sup>. If you have free time we suggest you stop in and see some of the presenters!

### CHS Boys Indoor Track

The 4x200m team of AJ Cozzy, David Adadjo, Alex Wheeler & Tyler LoPresti set a new school record with a time of 1:34.86.



### CHS PE November & December Students of the Month

Asunta Illenberg & Jacob Kelley were named Columbia PE Students of the Month for November while Jordan Harbour & Carson Kehmna were named Columbia PE Students of the Month for December. All four recipients received this award for outstanding effort, leadership, sportsmanship, and respect in physical education class.



CHS PE Students of the Month - December



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### CHS Wrestling J. Alvarez Tournament Champions!

Columbia took home the team championship on 12/15/18 in NYC!



### CHS Wrestling at Hope 7 in Troy, NY

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

