

PE & HEALTH UPDATE

Seasonal Health and Physical Education Update for the EGCS D | Volume 6, Issue 1

PE & Health Staff

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Chris Dedrick & Greg Jette

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Mark Welge & Daryl Steverson



Welcome Back!

Welcome back for another year! We will be sending out a quarterly newsletter highlighting our programs and to keep everyone up to date on district events. If you have any information or pictures that you would like to add please feel free to email Mike Leonard or Chris Hosley at leonardmi@egcsd.org & hosleych@egcsd.org.

Goff Students Learn About Internet Safety

During health class, students created a digital footprint display in the main lobby at Goff Middle School with the help of Mr. DeNisio and Ms. Hosier. In addition, Deputy Jeff Russo completed an internet safety training seminar for all 6th grade students and will be providing the same safety training to all 7th and 8th graders in the coming months.



Upcoming Events

11/11: Winter Sports Start Date

11/5: K-12 Full Day PD Day

11/11: Veterans Day (No School)

11/27-11/29: Thanksgiving Recess

12/23-1/1: Holiday Recess

2019 Winter and Spring Sports Start Dates

WINTER

High School Sports 11/11

Modified Sports 11/18

Wrestling Certification 11/23

SPRING

High School Sports 3/9

Freshman & Modified Sports 3/16

Seventh Annual Faculty Volleyball Battle

The seventh annual faculty volleyball battle will be held on November 7th. Please get the word out to your building staff and start assembling your championship team!



Editor: hosleych@egcsd.org

CHS September PE Student's of the Month

Lucinda Whipple & Noah Smith were named Columbia PE Students of the Month for September. Both recipients received this award for outstanding effort, leadership, sportsmanship, and respect in physical education class.

18th Annual Teal Ribbon Run

The 18th Annual Teal Ribbon Run was held on Sunday, September 8th, 2019 at the Washington Park Lake House. The race kicked off at 9AM and provided funding to Ovarian Cancer support, research and education. Team Columbia Athletics/Betty Signorelli had over 500 participants and raised over \$13,000. Mike Leonard also chipped in \$1 for every student athlete that beat him in the race totaling \$500.

2019 Green Meadow Apple Race

On October 15th, Green Meadow students participated in the school's annual Apple Race. The event was organized by PE teachers Chris Dedrick and Greg Jette as well as the Green Meadow PTO who provided apples to all participating students.



2019 Goff Apple Race

The 2019 Goff Apple Race, which is organized by the PE Sports Club, took place October 15th after school. 8th grader Carter Norton (5:19) was the top finisher for the boys and 8th grader Lily Panasci (6:38) was the top finisher for the girls out of the 131 runners that participated in this year's event.



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EGCSD PE & HEALTH DEPT. 2