

# Chloe ART Club

## Let's do art!

Sponsored by the Chloe Clark PTA, this creative club is open to all Chloe Clark students. The club will focus on teaching new skills and exploring different visual art mediums.

Sign up today to join the Chloe Art Club for a fun after school art exploration in one or more of our four evening workshops!

Questions? Please email the Chloe Clark PTA at [reflections@chloeclarkpta.com](mailto:reflections@chloeclarkpta.com)

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### Chloe Art Club

Student Name: \_\_\_\_\_  
Grade & Teacher: \_\_\_\_\_  
Parent Name: \_\_\_\_\_  
Parent Phone/Email: \_\_\_\_\_

My student requests to attend The Chloe Art Club Workshops from 6:30pm to 7:30pm in the community room on the following dates:  
Oct. 25th \_\_\_\_ Nov. 1st \_\_\_\_ Nov. 8th \_\_\_\_ Nov. 15th \_\_\_\_

Email [reflections@chloeclarkpta.com](mailto:reflections@chloeclarkpta.com) for registration  
or

Print and return to your student's class  
The PTA will confirm registration via phone/email for each workshop.



easy ways to  
earn cash for our school!

### How can you help Chloe Clark?

- Clip box tops from over 200 brands
- Shop through [btfe.com](http://btfe.com) to earn eBoxTops
- Enter bonus box tops sweepstakes online

For the complete list of participating brands, please visit  
<http://www.boxtops4education.com/earn/clip/Brands>

**Once you've collected box tops,  
your student can cash them in at  
our Box Tops Store!**

Open October 14 at  
8:30am and during lunch!

Want to help at the store?  
Contact Aubrey Holyfield at  
[boxtops@chloeclarkpta.com](mailto:boxtops@chloeclarkpta.com)  
or visit [chloeclarkpta.com](http://chloeclarkpta.com).



**Chloe Clark PTA 10.8.8 ★ DuPont, Washington**  
*Parents, teachers, and the community working together  
to promote educational excellence for our children.*  
[www.chloeclarkpta.com](http://www.chloeclarkpta.com)

**Don't Forget...**

# The Chloe Clark PTA Fall Fundraiser



is happening now!

**September 28 – October 27**

For questions or to volunteer,  
contact Tammy Parsons  
at [fallfundraiser@chloeclarkpta.com](mailto:fallfundraiser@chloeclarkpta.com)  
or go to [www.chloeclarkpta.com](http://www.chloeclarkpta.com)!



*Parents, teachers, and the community  
working together to promote  
educational excellence for our children.*





# clip box tops and earn cash for your school!

Earn cash for your school every time you shop for groceries. Clip Box Tops from hundreds of your favorite products.\* Each Box Tops coupon is worth 10¢ for your school—and that adds up fast!

## BAKING

- Desserts:
- Betty Crocker® Brownie Mixes
  - Betty Crocker Complete Desserts®
  - Betty Crocker® Cookie Pouches
  - Betty Crocker® Decadent Supreme®
  - Betty Crocker® Frosting
  - Betty Crocker® Fundamiddles™
  - Betty Crocker® Gluten Free Brownie Mix
  - Betty Crocker® Gluten Free Cake Mix
  - Betty Crocker® Gluten Free Cookie Mix
  - Betty Crocker® Sunkist® Lemon Bars
  - Betty Crocker® SuperMoist® Cake Mix
  - Betty Crocker® Variety Dessert Mixes
  - Betty Crocker® Warm Delights® Desserts
  - Betty Crocker® Warm Delights® Minis
  - Reese's® Dessert Bar Mix
- Breads, Muffins and Rolls:
- Betty Crocker® Boxed Muffin
  - Betty Crocker® Quick Breads
  - Betty Crocker® Complete Pancake Mix
  - Betty Crocker® Pizza Crust
  - Bisquick® Baking Mix Boxes
  - Bisquick® Gluten Free
  - Bisquick Heart Smart® Mix
  - Fiber One™ Complete Pancake Mix
  - Fiber One™ Muffin Mix
  - Gold Medal® Flour

## BEVERAGES

- Nestle® Juicy Juice® All Flavors
- Nestle® Juicy Juice® (8-pack) 4.23 & 6.75 oz
- Nestle® Juicy Juice® Bottles (6-pack) 10 oz
- Nestle® Juicy Juice® Bottles 48, 64 & 96 oz
- Nestle® Juicy Juice® Sparkling Fruit Juice (4-pack) 8.4 oz

## CEREAL

- Basic 4® Cereal
- Cheerios® Cereal:
- Apple Cinnamon Cheerios® Cereal
- Banana Nut Cheerios® Cereal
- Berry Burst Cheerios® Cereal
- Chocolate Cheerios® Cereal
- Cinnamon Burst Cheerios® Cereal
- Frosted Cheerios® Cereal
- Fruity Cheerios® Cereal
- Honey Nut Cheerios® Cereal
- MultiGrain Cheerios® Cereal
- Oat Cluster Cheerios® Crunch® Cereal
- Yogurt Burst Cheerios® Cereal
- Cascadian Farm® Cereals
- Chex® Cereal:
- Chocolate Chex® Cereal
- Cinnamon Chex® Cereal
- Corn Chex® Cereal
- Honey Nut Chex® Cereal
- Multi-Bran Chex® Cereal
- Rice Chex® Cereal
- Strawberry Chex® Cereal
- Wheat Chex® Cereal
- Cocoa Puffs® Cereal:
- Cocoa Puffs® Combos Cereal
- NEW Cocoa Puffs® Brownie Crunch™
- Cookie Crisp® Cereal
- Dora The Explorer® Cereal
- Fiber One® Cereal:
- Fiber One® Caramel Delights™ Cereal
- Fiber One® Honey Clusters® Cereal
- Fiber One® Raisin Bran Clusters® Cereal
- Golden Grahams® Cereal
- Honey Nut Clusters® Cereal
- Kix® Cereal:
- Berry Berry Kix® Cereal
- Honey Kix® Cereal
- Cinnamon Toast Crunch® Cereal
- Lucky Charms® Cereal:

- Berry Lucky Charms® Cereal
- Chocolate Lucky Charms® Cereal
- Oatmeal Crisp® Cereal:
- Oatmeal Crisp® Almond Cereal
- Oatmeal Crisp® Raisin Cereal
- Raisin Nut Bran Cereal
- Reese's Puffs® Cereal
- Total® Cereal:
- Total® Blueberry Pomegranate Cereal
- Total® Cinnamon Crunch Cereal
- Total® Cranberry Crunch Cereal
- Total® Honey Clusters Cereal
- Total® Plus Omega 3 Cereal
- Total® Raisin Bran Cereal
- Whole Grain Total® Cereal
- Trix® Cereal
- Wheaties® Cereal:
- Wheaties Fuel® Cereal

## FRESH PRODUCE

- Green Giant® Fresh Head of Iceberg Lettuce
- Green Giant® Fresh Head of Cauliflower
- Green Giant® Fresh Bunched Broccoli
- Green Giant® Fresh 3 count Bag of Romaine Hearts

## FROZEN

- Green Giant® Vegetables:
- Green Giant® Bagged Vegetables with Sauce
- Green Giant® Just For One!® Vegetables
- NEW Grands!® Breakfast Sandwiches
- NEW Pillsbury® Egg Scrambles™
- NEW Pillsbury® Pancakes (full & mini size)
- Pillsbury® Toaster Strudel® Pastries
- Pillsbury® Toaster Scrambles® Pastries
- Totino's® Crisp Crust Party Pizza®
- Totino's® Pizza Rolls® Pizza Snacks
- NEW Totino's® Pizza Stuffers

## MEALS & SIDES

- Betty Crocker® Specialty Potatoes
- Green Giant® Create a Meal®
- Green Giant® Canned Veggie Multi Pack
- Helpers:
- Hamburger Helper® Mixes
- Chicken Helper® Mixes
- Tuna Helper® Mixes
- Hamburger Helper® Complete Meals
- Old El Paso®:
- Old El Paso® Dinner Kits
- NEW Old El Paso® Original Seasoning
- NEW Old El Paso® Reduced Sodium Seasoning
- Old El Paso® Re-fried Beans
- Old El Paso® Taco Shells
- Old El Paso® Tortillas
- Progresso® Soups
- Progresso® Broth
- Restaurant Favorites®
- Romano's Macaroni Grill®
- Wanchai Ferry®
- Suddenly Salad® Mixes

## REFRIGERATED & DAIRY

- Cookies and Bars:
- Pillsbury® Big Deluxe® Cookies
- Pillsbury® Create 'n Bake® Cookies
- Pillsbury® Ready To Bake!™ Cookies
- Pillsbury® Simply Bake® Bars
- Pillsbury® Simply...™ Cookies
- Pillsbury® Sweet Moments® Bite-Size Brownies
- Pillsbury® Sweet Moments® Molten Lava Brownies
- Breads and Rolls:
- Pillsbury® Breadsticks
- Pillsbury® Country Italian Bread

- Pillsbury® Crescent Rolls
- Pillsbury® Crescent Rounds
- Pillsbury® Crusty French Bread
- Pillsbury® Flaky Twists
- Pillsbury® Grands!® Biscuits
- Pillsbury® Grands! Jr.® refrigerated biscuits
- Pillsbury® Grands!® Sweet Rolls
- Pillsbury® Pizza Crust
- Pillsbury® Simply...™ Biscuits
- Pillsbury® Sweet Rolls
- Butter, Margarine and Spreads:
- LAND O LAKES® Butter (sticks)
- LAND O LAKES® Fresh Buttery Taste® Spread (sticks and tubs)
- LAND O LAKES® Margarine (sticks and tubs)
- LAND O LAKES® Spreadable Butter Products

## CHEESE

- LAND O LAKES® Snack 'N Cheese To-Go®
- LAND O LAKES® Chunk Cheese varieties in the Dairy Case
- LAND O LAKES® Pre-Sliced Deli Cheese (in the deli or dairy case)
- ALPINE LACE® Pre-Sliced Deli Cheese (in the deli or dairy case)

## LAND O LAKES® EGGS

- LAND O LAKES® All-Natural Eggs
- LAND O LAKES® Omega 3 Eggs
- LAND O LAKES® Cage Free Eggs
- LAND O LAKES® Organic Eggs

## YOGURT

- NEW Fiber One® Yogurt 4pk
- Simply... Go-GURT™
- NEW Yoplait® Bites
- NEW Yoplait® Delights® Parfait 4pk
- Yoplait® Go-GURT® Yogurt
- Yoplait® Kids Yogurt
- Yoplait® Kids Yogurt Drink
- Yoplait® Light® 4pk
- NEW Yoplait® Light Parfait with Granola
- Yoplait® Original 4pk
- NEW Yoplait® Smoothie
- Yoplait® Splitz® Yogurt
- Yoplait® Trix® Multipack Yogurt

## SNACKS

- Betty Crocker® Fruit-Flavored Shapes:
- Batman™ Fruit Flavored Shapes
- Care Bears™ Fruit Flavored Shapes
- Create A Bug™ Fruit Flavored Shapes
- Create A Dino™ Fruit Flavored Shapes
- My Little Pony™ Fruit Flavored Shapes
- Polly Pocket™ Fruit Flavored Shapes
- Fairytale Princess® Fruit Flavored Shapes
- Scooby-Doo™ Fruit Flavored Shapes
- Shark Bites Fruit Flavored Snacks
- Spider-Man® Fruit Flavored Shapes
- Teenage Mutant Ninja Turtles™ Fruit Flavored Shapes
- Tonka™ Fruit Flavored Shapes
- Transformers Fruit Shapes
- Betty Crocker® Fruit-Flavored Snacks:
- Betty Crocker® Fruit Gushers®
- Betty Crocker® Fruit by the Foot®
- Betty Crocker® Fruit Roll-Ups®
- Fruit Roll-Ups® Fruit Stickerz®
- Fruit by the Foot® Mini Feet
- Fruit Roll-Ups® Mini Rolls
- Bugles®
- Cascadian Farm® Granola Bars
- Cheerios® Snack Mix
- NEW Chex Mix® Gourmet Blends
- NEW Chex Mix® Muddy Buddies®
- Chex Mix® Select
- Chex Mix® Snack Mix
- Chex Mix® Treat Bars

## DUNKAROOS® SNACKS

- NEW Fiber One® 80 Calorie Honey Squares
- NEW Fiber One™ 90 Calorie Brownies
- Fiber One® Bars
- Fiber One® Squares
- Fiber One™ Toaster Pastries
- Fruit Roll-Ups® Simply Fruit™ Fruit Rolls
- Gardetto's®
- Golden Graham® Snack Bars
- Lärabar® Multipaks
- Milk 'n Cereal Bars
- Nature Valley® Granola Bars:
- Nature Valley® Chewy Granola Bars with Yogurt (sticks and tubs)
- Nature Valley® Chewy Trail Mix Bars
- Nature Valley® Crunchy Granola Bars
- Nature Valley® Healthy Heart Chewy Granola Bars
- Nature Valley® Nut Clusters
- Nature Valley® Roasted Nut Crunch Bars
- Nature Valley® Sweet & Salty Nut Granola Bars
- Nature Valley® Granola Thins
- NEW Sunkist® Fruit Snacks

## APPAREL: PRINTED SHIRTS FOR SCHOOLS

- Hanes® Printed T-shirts
- Hanes® Beefy-T® T-Shirt
- Hanes® ComfortBlend® EcoSmart™
- Hanes® ComfortSoft® Heavyweight
- Hanes® Cool DRI® T-Shirt
- Hanes® nano-T™ T-Shirt
- Hanes® Tagless™ T-Shirt
- Hanes® Printed Polo Shirts
- Hanes® Printed Sweatshirts
- Hanes® ComfortBlend® EcoSmart™
- Hanes® Premium Cotton
- Hanes® Ultimate Cotton®

## SCHOOL & OFFICE SUPPLIES\*

- Boise® X-9® Hi-Brite Multipurpose Paper\*\*
- Boise® HD:P™ All-In-One Multipurpose Paper\*\*
- Boise® X-9® Multipurpose Paper\*\*
- Boise® FIREWORX® Colored Paper\*\*
- Boise® HD P™ Premier Print Ink Jet/Laser Printer Paper\*\*
- Avery® Dividers
- Avery® Durable Binders
- Avery® Glue Stic
- Avery® Heavy Duty Binders
- Avery® Labels
- Avery® Label Pads
- Avery® Name Badges
- Avery® NoteTabs
- Avery® Office Cards
- Avery® PocketTabs
- Avery® Report Covers
- Avery® Sheet Protectors
- Avery® Sticky Notes
- Avery® T-Shirt Transfers
- Hi-Liter® Brand Highlighters
- Marks-A-Lot® Markers

## STORAGE BAGS & CONTAINERS

- Storage Bags:
- Ziploc® Brand Big Bags
- Ziploc® Brand Slider Freezer Bags
- Ziploc® Brand Slider Storage Bags
- Ziploc® Brand evolve® Bags
- Ziploc® Brand Flexible Totes
- Ziploc® Brand Freezer Bags
- Ziploc® Brand Fresh Produce Bags
- Ziploc® Brand Sandwich Bags
- Ziploc® Brand Snack Bags
- Ziploc® Brand Storage Bags
- Ziploc® Brand Vacuum Bags
- Ziploc® Brand Zip 'n Steam™ Bags

## CONTAINERS:

- Ziploc® Brand Snap 'n Seal Containers
- Ziploc® Brand Twist 'n Loc® Containers

## PAPER PRODUCTS

- Bath and Facial Tissue:
- COTTONELLE® Bath Tissue
- KLEENEX® Anti-Viral Tissue (75 & 112 count)
- KLEENEX® Facial Tissue (184 Colors, 200, 240 & 260 count)
- SCOTT® 1000 Count Bath Tissue
- SCOTT® Extra Soft Bath Tissue
- Towels & Napkins:
- KLEENEX® Dinner Napkins (50 count)
- SCOTT® Paper Towels
- SCOTT® Rags in a Box
- SCOTT® Shop Towels
- VIVA® Paper Towels
- Wipes:
- COTTONELLE FRESH® Flushable Moist Wipes
- SCOTT® Pre-Moistened Wipes

## DISPOSABLE TABLEWARE & COOKWARE

- Disposable Cookware
- Hefty® EZ FOIL® Pans
- Disposable Cups:
- Hefty® Clear Colors Disposable Cups
- Hefty® Crystal Clear Disposable Cups
- Hefty® Easy Grip® Disposable Cups
- Hefty® Zoo Pals® Cups
- Disposable Plates and Serveware:
- Hefty® Crystal Clear Plates
- Hefty® Diamond Deluxe™ Paper Plates
- Hefty® Elegantware® Plates and Bowls
- Hefty® Everyday Foam Plates and Bowls
- Hefty® Hearty Meals™ Plates and Platters
- Hefty® Superweight™ Plates and Bowls
- Hefty® Supreme™ Plates and Bowls
- Hefty® Zoo Pals® Funtensils
- Hefty® Zoo Pals® Plates and Bowls

## WASTE BAGS

- Hefty® Cinch Sak® Waste Bags
- Hefty® EasyFlaps® Waste Bags
- Hefty® The Gripper® Tall Kitchen Waste Bags
- Hefty® Kitchen Fresh® Tall Kitchen Waste Bags
- Hefty® Ultra Flex™ Waste Bags

## WATER FILTRATION SYSTEMS AND FILTERS

- Brita® Bottle
- Brita® Faucet Filtration Systems
- Brita® Faucet Replacement Filters
- Brita® Pitchers
- Brita® Pitcher Replacement Filters
- Brita® UltraMax Dispenser

## PRODUCTS WITH LIMITED AVAILABILITY

- Cereals:
- Boo Berry® Cereal
- Count Chocula® Cereal
- Country® Corn Flakes Cereal
- Franken Berry® Cereal
- Desserts:
- Hershey's® Brownie Mix
- Disposable Plates and Serveware:
- Waverly™ Collection by Hefty® Plates and Cups
- Meals:
- Macaroni Grill® Multi-packs
- Refrigerated & Frozen:
- ALPINE LACE® Sliced Swiss Cheese (Club Stores)
- Fiber One® Frozen Muffins

visit [boxtops4education.com](http://boxtops4education.com) for more great ideas to earn cash for your school!

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## YOGA CLASSES IN DUPONT!

**Flow Yoga:**    **Mondays 10:30 - 11:45AM**    **Oct. 24 –Dec. 19**  
                         **Mondays 7:00 - 8:00PM**            **Oct. 24 –Dec. 19**  
                         **Wednesdays 12:15 - 1:30PM**    **Oct. 26 –Dec. 21**  
                         **Saturdays 7:45 - 8:45AM**            **Oct. 29 –Dec. 24**  
(Note: no classes week of Dec. 4<sup>th</sup>- 10<sup>th</sup>)

**Mommy & Child: Thursdays 10:00-10:45AM Oct. 27 –Nov. 17**

**Flow Yoga Class:** This active, flowing style of yoga for all levels focuses on improving strength, overall cardiovascular health, flexibility and balance coupled with a focus on breathing to decrease stress. We will synchronize movement with breath allowing the body to rejuvenate from the inside out.

**Mommy & Child:** Ages 3+ or with instructor's approval. This interactive class allows any parent or caregiver an opportunity to practice yoga on the mat with their child. We will move through fun, often animal and nature inspired poses and games that encourage visualization, coordination, strength and balance. This parent/child class offers a great way to connect, play and grow with your child.

All classes taught by instructor **Kerry Rawcliffe, RYT 200 Certified Yoga Instructor.**  
Classes are held at the **DuPont Community Center** located at **303 Barksdale Ave.**  
For class information call **Parks & Rec** at **(253) 912-5245.** Class size minimum of **8 participants.**

—————PLEASE DETACH HERE—————

### YOGA

**FLOW Class:** 8-week session: \$64 (1x week), \$108 (2 x week-save \$20), \$149 (3x week-save \$43)

**MOMMY & CHILD Class:** \$ 40.00 for 4 weeks (includes 1 parent and 1 child) - Additional child \$ 10

Name \_\_\_\_\_ # Classes/wk \_\_\_\_\_ Class Times: \_\_\_\_\_ Total\$ \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

X \_\_\_\_\_

\_\_\_\_\_(initial here) I have my physician's permission to attend this class.

Participants' Signature (or guardian if a minor)

*Waiver: In consideration of my entry, I intend to be legally bound, for myself, my heirs, executors, and administrators, and waive, release and forever discharge any and all rights and claims which I may hereafter have against the sponsors and officials of the fitness activity described in this entry form or their respective officers, agents, representatives, successors, and/or assigns, while traveling to and from or participating in this event. Further, I hereby grant permission to any and all of the foregoing to take any photographs, video tapes, recordings or any other record of this event for use for any legitimate purpose.*

Mail with registration fee payable to:  
The City of DuPont: 1700 CIVIC DRIVE, DuPont, WA 98327

# Shop at Carrs/Safeway to earn money for our group

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**Renew or sign up with your CarrsPlus/Safeway Club Card today!**

## **Renew by Nov. 1**

If you participated last year, renew so our group continues to earn contributions.

- Go to eScrip.com
- Click on “**YES RENEW!**”
- Enter either your phone number, email, or Club Card number

**OR**

## **Sign up**

Your participation can mean hundreds of dollars for our group.

- Go to eScrip.com
- Click on “**1-Sign Up**”
- Enter your Club Card number

## **What's new!**

Carrs/Safeway wants to do what we can to help every child stay fit and have access to nutrition programs. So we are asking schools and groups that receive Carrs/Safeway donations to allocate 20% toward fitness and nutrition activities.

# Lake City Community Church 20th Annual Harvest Carnival

Monday, October 31, 6-8PM  
8810 Lawndale Ave SW, Lakewood

Each child will receive:

- Tickets to play the game booths
- A coupon for the big bouncy toy
- Corn dog and soda
- Cotton candy and popcorn
- And lots of CANDY!



Steilacoom Historical School District (SHSD) does not sponsor this event/activity, and offers/assumes no responsibility for it. In consideration of the privilege to distribute these materials, SHSD shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees, judgments or awards.

# Physical Education News



**October 17, 2011**

Dear Families,

We are still finishing up our fitness assessment scores: weather, pictures, and other factors have put us a little behind. Fitness scores will not come out until the first progress report in November. If you want to schedule a conference or stop by I can give you your child's scores. Paper copies will not be available until November. When you get your kiddo's report, use the links in "Understanding Fitness Assessments" to interpret the scores.

Next we will begin our soccer and cardiorespiratory endurance lessons.  
Sincerely, Kevin Schmidt

## Understanding Fitness Assessments

To understand fitness assessments the first step is to link the assessment to fitness. Below is a chart linking the fitness assessment to the type of fitness assessed.

Second, we use the fitness assessments to determine overall fitness as well as fitness in each individual assessment area. Chloe Clark uses the President's challenge as a means to measure fitness. Presidential Fitness uses two standards—National Fitness: healthy fitness level—and Presidential Fitness: elite fitness level. My goal is for all kiddos to reach National Fitness. For more information or to evaluate your child's scores please refer to <http://www.presidentschallenge.org/challenge/physical/benchmarks.shtml>. Charts for Presidential and National standards are on this page. If you want a percentage breakdown click on the link: [Normative Data Spreadsheet \(Excel\)](#).

In looking for information on BMI, please refer to the CDC website. [http://www.cdc.gov/healthyweight/assessing/bmi/childrens BMI/about childrens BMI.html](http://www.cdc.gov/healthyweight/assessing/bmi/childrens%20BMI/about%20childrens%20BMI.html)

This link will give basic BMI information and allow you to calculate your child's BMI percentage. BMI percentage is one indicator in overall body weight. The website lists four categories: Under Weight – Healthy Weight – Over Weight – Obese.

Please use this information as one way to assess your child's overall health and fitness. Any major dietary or fitness routine changes should always include the advice of a pediatrician, dietician, or other children's health professional.

### Fun Fitness Activities

Families – This is your last chance to visit parks in our home town and get your picture posted at school. Please remember if you take a picture with your family at the park I will post it in physical education class. The Holly family has the most pictures posted with 4. Can anyone go to more parks and take more pictures? Try to meet or break the challenge!

### Health Related Fitness Linked to Fitness Assessment

1. ½-Mile Run – Links to Cardiorespiratory Endurance
2. Sit and Reach – Links to Flexibility
3. Curl Up – Links to Muscular Strength
4. Flexed Arm Hang – Links to Muscular Endurance
5. Height and Weight – Links to Body Composition

### Purpose of Fitness Assessments

There are two major reasons to share fitness assessment scores with you. First, initial scores are taken to determine growth over a year or more. We can use this information to assess your kiddo's physical education growth, just like math or reading.

Second, fitness assessments are a "dip stick" to overall health. These assessments are not a full diagnostic of a student's health. However, in most cases, fitness assessments indicate a **High, Medium, or Low** level of overall fitness that can directly relate to overall health.

If you have any questions, don't hesitate to contact me:

[kschmidt@steilacoom.k12.wa.us](mailto:kschmidt@steilacoom.k12.wa.us)

## Wall of Fame Students

**Aidan Portugal – Leadership/ Modeling**

**John Blackford – Great Listening/ Work Ethic**

**Taylor Ellsworth – Great Listening/Work Ethic**

**Olivia Bailey – Leadership/Great Listening**

I am proud of all my students' accomplishments. These are just a few of the amazing stories from the last two weeks.

Please ask them to tell you the story in detail.