

Clinton Athletics

jonathan.ball@tdsb.on.ca

- **Winter Sports Shout-Out to...**
Girls Basketball & Boys Volleyball... Congratulations on a great season.
- **Highland Games a resounding success!** Congratulations to all the wee lads and lassies who represented their clans at our very first ever Highland Games! And a big "thank ye" to our piper Kevin Ball!
- **Blood Donors:** Our first Donation of the school year is December 21st at 4:00PM. RSVP with me (Mr. Ball) for an appointment. You save 3 lives each visit: how's that for a yuletide gift!
- **Special Olympics at Clinton:** Clinton is proud to host the 4th annual Special Olympics Invitational Floor Hockey Tournament for our junior students with developmental disabilities! December 14th.
- **Running Club** has begun. It's fun! It's non-competitive! See Mr. Ball for details (Tuesdays 8:00AM).
- As the weather changes, REMEMBER TO SEND PROPER GYM SHOES. For safety reasons, STUDENTS *MAY NOT PARTICIPATE IN GYM WITH BOOTS.*
- Don't forget to check the sports board (near the office) and the [Clinton Athletics Page](http://www.clintonpublicschool.ca) (www.clintonpublicschool.ca) for information about sports and games at Clinton.
- **Cozy winter toques are for sale:** order deadline is December 7th. Get 'em soon while they last! <https://clinton2017.itemorder.com/sale>

Clinton St. School
460 Manning Ave
(416) 393-9155

December 2016

Upcoming Events

- ☺ Boys Volleyball tournament
TBA
- ☺ December 1st: Teams & Clubs Assembly
- ☺ Special Olympics Floor Hockey
December 14th
- ☺ Blood Donation December 21st

CLINTON PHYSICAL EDUCATION

Ohm my God!
December is **Yoga, Gymnastics and Parkour** month in the gym! Stretch and breathe, then roll and jump! But that doesn't mean we won't be playing any games.
Namaste!

House League News

- ☺ House league sports have begun for grades 1-6.
- ☺ Grade 1&2:
Indoor Soccer
- ☺ Grades 3&4, 5&6:
Bordenball



ACTIVE LIVING

Our running club "CLINTON RUNNERS" meets every Tuesday (8:00AM). All primary-grade runners (grade 1-3) must be accompanied by an adult.

How does your family stay active in the Wintertime?



Have you been to Toronto's *Rouge Valley*? It's Canada's only urban National Park and it's gorgeous.



A Clinton student on the bench

Current Practices

😊 **Clinton Runners:** Tuesdays 8:00AM on the field. Grade 1-2 must be accompanied by an adult. (Mr. Ball)

HEALTHY LIVING

Words of Wisdom

(from Ms. Cook's Kindergarten Kids)

Q: How do you stay active in the wintertime?

"Making snow angels." (Theo)

"Skating." (Dylan)

"Jumping in the leaves!" (Gabi)

"Playing tennis in my backyard." (Savannah)

"I ask my mom if I can play outside with my dog." (Ivy)

Q: How do you stay safe when you are walking to school?

"No walking in the road." (Ari)

"No walking in the street UNLESS you are holding a grownup's hand!" (Isaac)


Sledding Safety

- ❄ Children under 5 years of age should never go down a hill alone.
- ❄ Always sit up or kneel on a sled. Lying down can increase the risk of injury to the head, spine and stomach.
- ❄ Never sled on or near roadways.
- ❄ Avoid sledding on crowded slopes.
- ❄ If you sled at night, make sure the hill is well lit.
- ❄ Slide down the middle of the hill and climb up along the sides. Remember to watch for other sledders and move quickly out of the way once at the bottom of the hill.

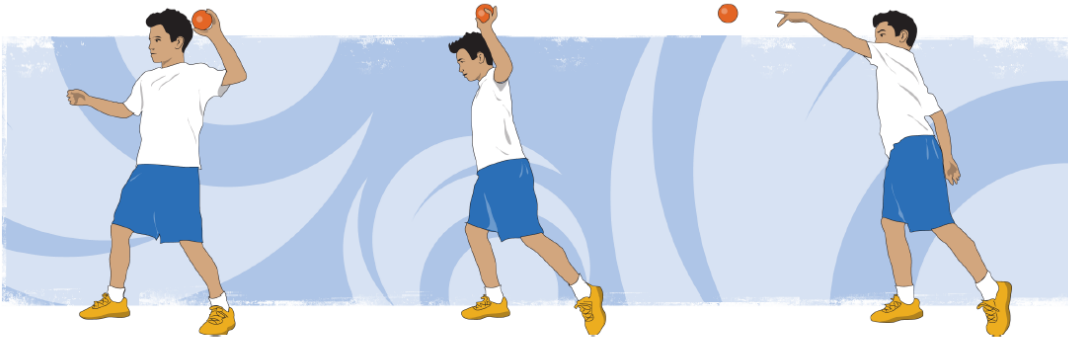
caringforkids.cps.ca



Overhand Throw

Movement Skills 

Propelling an object forward using an overhand movement.

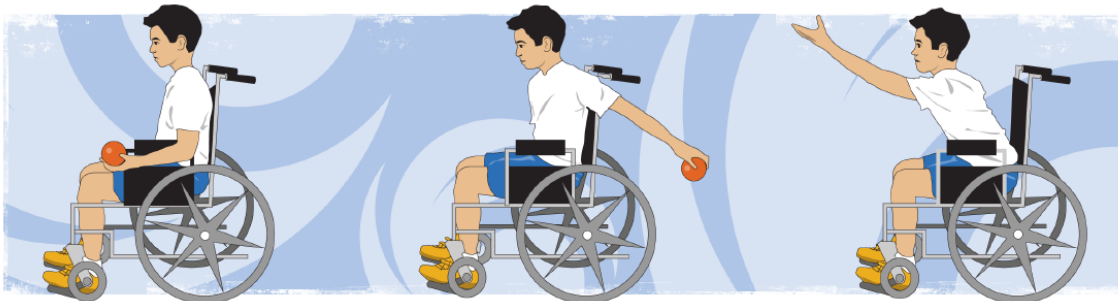


- Stand with feet apart, facing sideways with weight on back foot. Hold ball with fingers
- Throwing arm lengthens down and back behind body
- Eyes remain on target
- Foot opposite to the throwing hand is forward. Rotate body to face target, transferring weight onto the front foot. Straighten throwing arm
- Keep ball above ear level
- Point throwing hand towards target
- Release ball slightly above and in front of head
- Throwing arm follows through down and across the body

One-Handed Underhand Throw

Movement Skills

Propelling an object forward using a one-handed underhand motion.



- Cradle the object in the throwing hand with the object resting in the palm
- Focus on the target
- Stand face-on to the target
- Swing the throwing arm backwards while stepping forward with the opposite foot to the throwing arm
- Lean slightly over the extended front foot
- Release the object
- Follow through towards the target

NOVEMBER PHOTOS



Clinton Girls
Basketball Team
2016

SCOTTISH HIGHLAND GAMES



Thank you to our bonny piper Kevin Ball



Gathering of the Clans

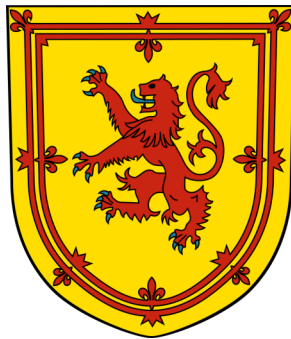


The Caber Toss

The Sheaf Toss

Clan Chief McKay

SCOTTISH HIGHLAND GAMES 2016



Battle of the Clans



Photos: Ms. Dickson