

Clinton Athletics

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• Winter Sports Shout-Out to...

The Clinton Special Olympics Floor Hockey Team!

Special Olympics Tournament was a resounding success!

Hooray for our players from rooms 103 and 208 who showed great spirit in their games with teams from Beverly Street, Essex, and W.A. Morrison!

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

- Thank you to our **Blood Donor Group** who met in December to give the gift of life. See you again in June.
- Are you excited about our upcoming **Ski Trip**? We have 140 junior students coming with us on February 2nd. All students must be in the gym by **7:30AM**. Dress warm and don't forget to share your onion rings in the chalet with Mr. Ball.
- As the weather changes, **REMEMBER TO SEND PROPER GYM SHOES**. For safety reasons, **STUDENTS MAY NOT PARTICIPATE IN GYM WITH BOOTS**.
- See www.clintonpublicschool.ca for information about sports and games at Clinton.

December 2016

Upcoming Events

- ☺ Girls Volleyball tournament TBA
- ☺ Boys' Basketball Tournament: Feb 13 @ Dovercourt P.S.
- ☺ Ski Trip: Feb 2nd (meet at 7:30AM)

CLINTON PHYSICAL EDUCATION

We have begun our schoolwide **Dance Program**: (don't forget to bring in your \$5 donation).

February we explore **Net-Wall Games**.

House League News

- ☺ House league sports will resume in February for grades 1-6.
- ☺ Grade 1&2:
Indoor Soccer (sign up with your classroom teacher)
- ☺ Grades 3&4, 5&6:
Tchoukball (YouTube it... Tchoukball is amazing!)

Unscramble this popular net-wall game:

M A T B O D I N N

ACTIVE LIVING

* FYI Our running club "CLINTON RUNNERS" will resume in the Spring.



How does your family stay active in the Wintertime?

Send me some photos for my next newsletter

jonathan.ball@tdsb.on.ca

Cross country skiing is one of the best ways to stay fit and active in the wintertime. Don't forget to wear your stylish Clinton tuque!

Current Practices

☺ **Boys' Basketball**

M/W/Th 3:30-4:30

(Mr. Ball)

☺ **Girls' Volleyball M/**

W/F 8:00AM (Mses.

Weger & Guay)

HEALTHY LIVING

Ask a Kindergartener

Q: How do we know if food is healthy?

"If it's fruit, it's healthy." (Gus)

"You can ask your Mom or Dad" (Gabby)

"You look at it, then you try it" (Savannah)

"It's probably not healthy" (Dylan)

"If it's green, it's healthy" (Eve)

"You look at the food or treat and see the difference and try it and see what has more sugar" (Sara)

Q: Why should we eat healthy foods?

"It makes you grow" (Ari)

"Because it makes us big and strong!" (Jack)

"You read my mind Jack!" (Ellington)

"Because it's good for you" (Parker)

"Try it first, THEN see if you like it" (Brayden)

"That's what my Mom and Dad always say: Try three bites." (Sara)

Vegetables and Fruit

- Eat at least one dark green and one orange vegetable each day.
- Go for dark green vegetables such as broccoli, romaine lettuce, and spinach.
- Go for orange vegetables such as carrots, sweet potatoes, and winter squash.
- Enjoy vegetables and fruit prepared with little or no added fat, sugar or salt.
- Have vegetables steamed, baked or stir-fried instead of deep fried.
- Have vegetables and fruit more often than juice.

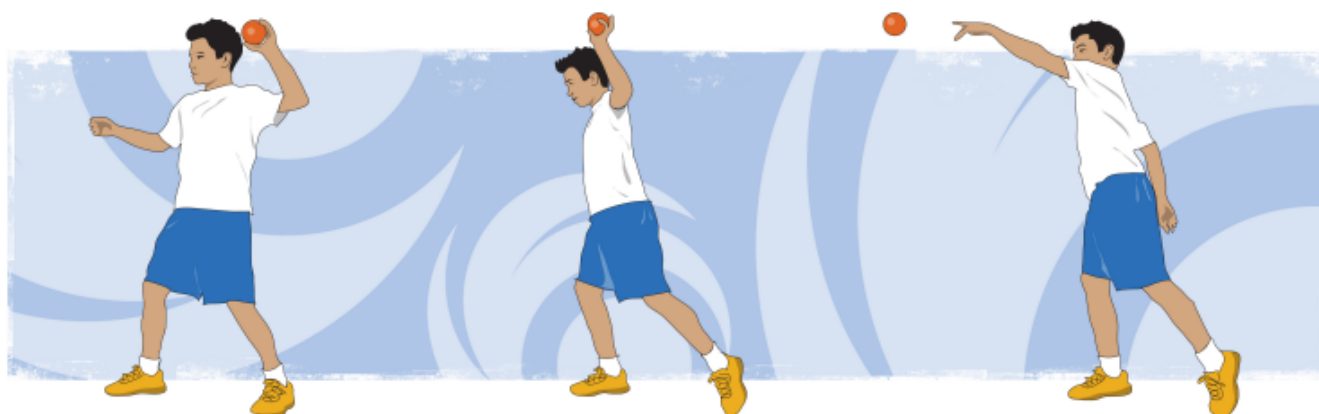
Health Canada, 2017



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

Run

Movement Skills

A quick leg movement where for one moment in each step both feet are off the ground.



- Lean the body slightly forward and look ahead
- Raise lifting knee high
- Contact the ground with the heel when running slowly or with the ball of the foot when running quickly
- Push off with the balls of the feet

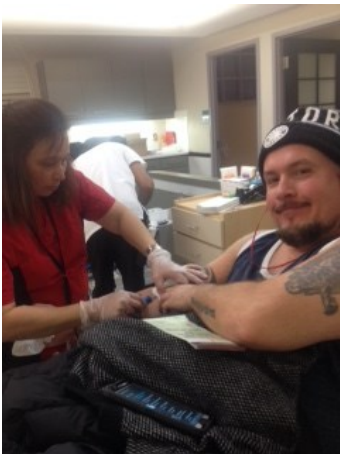
- Swing arms backwards and forwards from shoulders with arms at hip height
- Bend elbows at right angles and move them in opposition to the legs

December/January Photos

YOGA & GYMNASTICS IN THE GYM



Clinton Blood Donors



Clinton head caretaker Shea Sevelka



Clinton Hosts the 5th Annual SPECIAL OLYMPICS FLOOR-HOCKEY TOURNAMENT



Welcoming address by Special Olympics *Team Canada* Athlete "Gohulan"