



Rock Creek Elementary

THE ROCKETEER



Physical Activity is Linked to Better Classroom Performance

It's no secret that exercise is good for your child. Along with other benefits, it can cut your child's risk for obesity, diabetes and even some types of cancer. But did you know that physical fitness may also help your child in school?

Studies show that, compared with their inactive peers, children who get regular exercise:

- Have better hand-eye coordination.
- Are better listeners.
- Are less fidgety in class.
- Have better handwriting.



To give your child lots of opportunities to get the heart pumping:

- Go on regular walks.** Pick a time, such as before or after dinner, to take a short walk around your neighborhood. Make this a habit.
- Take the long way.** When you are running errands, skip the elevators and escalators and take the stairs. Choose the parking spots that will allow you to walk a bit farther.
- Play games.** From catch to tag to hide-and-seek, there's no end to the fun your family can have.
- Have contests.** When you watch TV together, challenge your child to a competition. During commercial breaks, see who can do the most jumping jacks or pushups.
- Put your child in charge.** Challenge your child to come up with some creative ways to keep your family moving.

source: "Physically active children have improved learning and well-being, DMU researchers find," De Montfort University, nswc.com/elem.

College Vocabulary

--Associate's Degree--

the degree that is earned when a student graduates from a Junior or Community College

Did you know...

The tradition in America is to pinch anyone who isn't wearing green on St. Patrick's Day. Legend has it that wearing green makes you invisible to leprechauns, who pinch anyone they see.



IMPORTANT DATES

- MAR. 1- HOUSE AWARD PEP RALLY
- MAR. 1- FREE FAMILY MOVIE NIGHT 6:00 PM
- MAR. 6-12- ROCK CREEK BOOK FAIR
- MAR. 10- DAYLIGHT SAVING TIME BEGINS
- MAR. 12- PARENT-TEACHER CONFERENCES
- MAR. 12- SPRING PICTURES
- MAR. 13- PRE-K APPLICATION DAY
- MAR. 15- JUMP ROPE FOR HEART DEADLINE
- MAR. 17- ST. PATRICK'S DAY
- MAR. 18-22- SPRING BREAK