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EWA P.E. & Athletics Newsletter
Booster Club News Update

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The P.E. & Athletic Quarterly

This is the first quarterly EWA P.E. Dept. & Athletic Dept. Newsletter. We hope that you find the information both informative and useful. Each newsletter will let parents and the community know what students are working on in their P.E. classes under the Pacing Guide section, and we also hope to keep everyone apprised of school & community events, leagues & activities that will help everyone live a healthy, and active lifestyle.

The P.E. Dept. is also currently running a fundraiser to purchase new equipment with a cookie dough sale. Forms went home with students on Thursday, Feb. 4th. All sales forms must be returned by Feb. 16th. Cookie dough must be picked up on Mar. 12th.

The top-selling student will win a Nintendo Wii gaming system, Wii Fit Plus, and balance board. Second & 3rd place will win $50 and $25 VISA Gift Cards. Top classes in each House win a pizza party.

P.E. Equipment Donations Needed

Here at EWA we're seeking to provide your child with the best experience in physical education class that we can provide. Currently, we're in need of some basic equipment for grades K-12. Donations can be counted as PAL volunteer time. Needed:

Beans Bags

Hula Hoops

Rolling Garbage Cans

Treadmills

Weights

WD-40 for Weight Machines

Foam/Rubber Deck Rings

Frisbees (Foam/Plastic)

Floor Cones

Floor Tape

Plastic/Nerf Golf Balls

Whistles

Soccer Balls

Footballs

Basketballs

Volleyballs

Beach Balls (K-4 Volleyball)

Floor Hockey Round Pucks

Balloons

Old & Used Golf Clubs

Whiffle Balls

Pool Noodles

Fitness Exercise Steps

Exercise Inflatable Balls

Floor Tumbling Mats

Yoga Mats

Badminton Racquets/Shuttlecocks

Compasses

Heavy Jump Rope

Medicine Balls

Adult Size Jump Rope

Upcoming K-4 Pacing Guide

- January - Basketball
- February – Striking Unit
- March – Jump Ropes/Coop. Games
- April – Soccer/Fitness
- May – Frisbee
- June – Outdoor Games

The only way of finding the limits of the possible is by going beyond them into the impossible.

Upcoming Middle School Pacing Guide

- January – Nutrition/Fitness
- February – Nutrition/Co-op Games
- March – Body Systems/First Aid & CPR
- April – Stress/Team Building Games
- May – Puberty/Team Strategies

"Got Health", "Superseed", & "We Run Forward"

This is an exciting time to be a member of the physical education department at EWA! The PE department staff, with the help of Nurse Becky Thornton and the EWA administration, has introduced three health cognizant programs in the last two school years. The goal of these programs is to improve the health of all members of the EWA family.

Through a partnership with UNC Healthcare and the Center For Health Promotion And Disease Prevention, the 6th grade health students are currently participating in an online study directed toward the promotion of living a full and healthy life. For more information on the 'Got Health' challenge, please visit the site www.igothealth.org.

The school has also partnered with Wake County 4H to form the 'SuperSeed' program and 'We Run Forward'. The 'SuperSeed' program's goal is to cultivate healthy behaviors in our youth. Students who join the group learn and practice important life skills such as good communication, decision-making, stress management, assertiveness and responsibility. The program is designed to encourage students to adopt a lifestyle free from high-risk behaviors such as substance abuse, violence, unhealthy relationships, etc.

The mission of 'We Run Forward' is to promote independence and sustainability among families in communities by using running as a way of gaining strength, health, confidence, commitment, leadership, and determination. Through the 'We Run Forward' program, students and their families work as a unit to discover and implement exercise activities. For more information on how to join either 4H sponsored group, please contact Becky Thornton at bthornton@eastwakeacademy.org.

Healthier vending machines are on their way to East Wake Academy! The PE department, the school nurse, and the administration have been searching for healthier alternatives to the snacks kids buy at school each and every day. Stay tuned in the upcoming months for more information on the healthy snacking.

Upcoming Events

5th Grade
Puberty Lesson:
Feb. 24th-26th; Mar. 1st-12th.

7th Grade
Abstinence Lesson:
Apr. 12th-30th.

8th Grade
First Aid & CPR Training:
Feb. 1st-Mar. 5th; Mar. 15th-19th.

Jump Rope For Heart (Elementary)
Mar. 10th.

Hoops For Heart (Upper School)
Mar. 11th.

Upcoming High School Pacing Guide

- January – Mental Health/Fitness
- February – Personal Health/ Basketball/ Hockey
- March – Relationships/ Volleyball/ Badminton
- April – Nutrition/Soccer /Football
- May – Substance Abuse/Baseball/ Fitness Testing/Final Exam

Youth Activity Registration Deadlines

These are a few suggestions of things for students to sign-up for in their communities:

Jan. 25-Feb. 25: Wilson County Parks & Rec Youth Softball, call (252) 296-3360

Jan. 25-Feb. 12: Franklin County Parks & Rec Youth Flag Football, call (919) 496-6624

Jan. 25-Feb. 4: Town Wendell Parks & Rec Girls' Volleyball, call (919) 366-2266

Jan. 25-Feb. 4: Town of Wendell Parks & Rec Youth Baseball/Softball/T-ball, call (919) 366-2266

Jan. 26-Feb. 11: Town of Knightdale Parks & Rec Youth Baseball/Softball, Ages 4-17, call (919) 217-2231, $35-$50

Feb. 1-15: Nash County Parks & Rec Youth Soccer, Softball, Baseball

Feb. 6-13: Bunn Youth Rec League Baseball/Softball/T-ball, Ages 5-16, $50-$65, www.byrlsssports.com

Feb. 8-Mar. 5: Wilson County Parks & Rec Youth Soccer, call (252) 296-3360

Feb. 15-26: City of Raleigh Parks & Rec Youth Baseball/Softball, call (919) 831-6640, $30-$42

Apr. 5-16: Town of Knightdale Parks & Rec Youth Basketball, Ages 9-17, call (919) 217-2231, $35-$50

On-going Registration: Town of Zebulon Parks & Rec Kid's Fitness, Grades K-2 Tuesdays from 4:00-5:00 p.m.; Grades 3-5 Thursdays from 4:00-5:00 p.m.; $25/residents and $35/non-residents.

On-going Registration: Town of Zebulon Parks & Rec Karate, Beginners on Tuesday/Thursday at 7:00 p.m.; Intermediate & Advanced on Tuesday/Thursday at 8:00 p.m., $35/residents and $45/non-residents.

The Start of Our Sneaker Shack

As physical educators, our job is to get your child moving. In an effort to avoid students sitting out due to inadequate footwear, we introduce to you our newest addition to the Physical Education program: The Sneaker Shack. This will be an area where we will put sneakers, old or new, donated by the families of our students. Have an old pair of sneakers in good condition that just don't fit anymore? Instead of tossing them in the garbage, why not wash & donate them to the Sneaker Shack? These donations can help give a student the gift of Physical Education.

These sneakers may also help your child as well. If they forget to bring their sneakers for some reason that day, they can borrow a pair from the Sneaker Shack and will still be able to have fun! Donations can be brought to the Physical Education Office in the gym.

Students are encouraged to wear proper footwear (fully laced sneakers) in Physical Education classes. Those who don't will have points taken off their grade.

Spring Sport Try-Out

M.S. Baseball
Coach Strickland
Feb. 24th-26th

H.S. Baseball
Coach Vincent
Feb. 24th-26th

M.S. Girls' Soccer
Coach Bystricky
Feb. 23rd-24th

Please visit the [Triangle Middle School Conference](#) web site for more information.

www.eteamz.com/trianglemsc

New P.E. Staff

We'd like to take this opportunity to introduce the newest member of our Physical Education Staff, Rebecca Brokish who comes to us via Atlanta, GA. She taught at Bob Mathis Elementary School for 3 years after obtaining a M.S. in Kinesiology degree, with an emphasis in Physical Education in 2009 from Georgia Southern University. She also completed a B.S. degree from Georgia Southern University in Health & Physical Education in 2005. She is teaching K-4 PE here at EWA. Her favorite sports are volleyball and swimming.

High School Winter Athletics

VARSITY BOYS' BASKETBALL

The varsity boys' basketball team enters the final two weeks of its season with a 6-15 overall record, and 5-10 record in CCAL contests.

The Eagles will again take part in the Conference Tournament on February 19th, at time, date & opponent to be determined.

VARSITY GIRLS' BASKETBALL

The varsity girls' hoops squad is winding down its regular season conference schedule with a 6-8 record, going 4-4 in CCAL league play thus far.

The lady hoopsters will look to make a run in the Conference Tournament beginning February 19th, at a time, date & opponent to be announced.

Middle School Winter Athletics

M.S. BOYS' BASKETBALL

The Eagles finished the regular season with a 2-11 overall record, 1-9 in Triangle Middle School Conference league play.

The sixth-seeded Eagles lost Wednesday at #3 Cary Christian, 44-12, in Triangle Middle School Conference Tournament play. EWA finished the season with a 2-12 record.

M.S. GIRLS' BASKETBALL

Despite its 0-13 overall record, 0-10 in Triangle Middle School Conference play, the Eagles finished the season a much improved ball club.

The sixth-seeded Eagles fell, 28-8, Tuesday at #3 St. David's in the opening round of the Triangle Middle School Conference Tournament play today.

The team finished the season 0-14 on the season, but is looking forward to being a more experienced squad next winter.

Please find the complete brackets for the boys' and girls' tournaments here.

Booster Club News

Fellow EWA Families:

The first half of the school year had its ups and downs as far as Athletics are concerned BUT we are excited to tell you that things are moving forward at a GREAT pace.

The Booster Club officers attended the December Board Meeting and presented the following:

EWA Booster Club Goals:

- Working with PAL to cover all grades- combine meetings so that parents will only have to attend one meeting
- Communication between school and officers via monthly newsletter (electronically distributed)
- Two (2) or more "dine out" nights at Moe's (held in Jan.) and Smithfield Chicken-n-Bar-B-Que (coming in February – check events calendar)
- Fundraisers: Auto Bell tickets, Power 'discount' cards, concessions, booths at various events.
- A Letterman's jacket has been approved by the uniform committee and letters are being ordered for present and future athletes.

We also provided the Board with an outline of the Booster Club Budget (revenues and expenditures).

In between the meetings, we provided the EWA Administration Staff with information concerning the renovation of the fields (near MS area). Proposals for the renovation of the area to be transformed into a "multi-purpose" soccer field are in the works. It is also the understanding of the Booster Club that grants are being applied for more renovations of existing MS areas on campus.

Faculty & Alumni Basketball Fundraiser

We are having EWA's First Annual Varsity Girls vs. Faculty AND Varsity Boys vs. Alumni event. We are excited about this and the athletes are "stoked". Mr. Bonano has been in touch with various Alumni and they are also excited about coming "home" for the night. Bring Family, Friends, etc, for a "GREAT NIGHT of FUN".

The event will be Friday night, March 5, 2010, in the Gym at 5:30pm. Admittance is $1.00 per person. Concessions will be available. (Booster Members contact Jennafer or Shaile if you can assist in any way-contact info on next page.

There are many other items being "tossed" around for the future of EWA Athletic Department, but as with any "new program" - patience is a virtue.

We appreciate all the support from our EWA Families and look forward to continuing to grow as the students and school grows.

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www.eastwakeacademy.org

Seeing is Believing!

We encourage all EWA families, parents of athletes, Booster Members, etc. to attend the EWA Board Meetings (held the 1st Tuesday of each month). When we come out and show our support of EWA and our athletes, the board sees our passion. We really feel that things are moving along in a positive direction for all. In keeping that momentum going, we highly encourage you to come out on Tuesday, March 2nd, at 7:30 pm when they will be presenting the proposal/specs for the planned development of EWA!

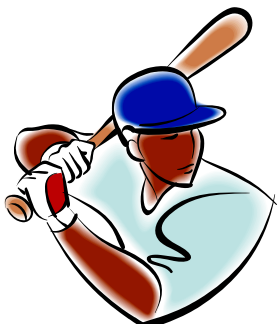
Don't Forget These Dates!!!

February 23rd: Smithfield Chicken and BBQ – Zebulon
5:00 p.m. – 8:00 p.m.

March 5th: Varsity Girls VS Faculty and Varsity Boys VS Alumni
5:30 p.m. – 8:30 p.m.

May 23rd: Athletic Banquet (MS and HS) Location/Time TBD

Power Cards (this is a card that gives various discounts at local businesses) and **Auto Bell tickets** are available for sale and purchase. The proceeds go to the Booster Club to assist the Athletic Department with needs. If sold by a participating Athlete, ½ the proceeds are used to pay the $50 Athletic Fee…start selling now for Spring Sports!

EWA Athletics to work with Zebulon Parks & Recreation

Another exciting event is the proposal and acceptance of working with Zebulon Parks and Recreation Department for the use of the Baseball field at the Community Park. This will allow the M.S. and H.S. Boys' Baseball teams to have HOME games. Please come out and support the teams this year at their new "home park."