

Cortland State

Adapted Physical Education

Volume 3, Number 2

CHAMP Newsletter

Winter 2010

I Can Do It! You Can do It! CHAMP Newsletter!

Welcome to the Cortland/Homer After-School Mentorship Program Newsletter! With the end of the semester for the mentors and preparing for a new year we wanted to take the time to fill you in on what's happening, praise all our CHAMP's success, and show you some visual evidence of all the hard work your children have been doing! We are going into the New Year without our college mentors but we have the same goals and agenda in mind. High Activity, Mental Growth, and Positive Social Relationships! I am thrilled with how far we have come, and how far the students continue to go. 2011 will be great!



Annie and Isabelle count their tokens for amount of laps finished while they cool down!

Champ Praises!

In this section I wanted to take a moment to praise students for their hard work. Every student has earned at least one CHAMP bead, and one CHAMP All0star sticker. This is great news because they are not easy to earn! It takes hard work and requires students to sometime step out of their comfort zone and beat a goal, or accepts a challenge to improve their mental, physical, or social skills.

Three CHAMP praises:

Isabelle: Woodward: Leading the Champ Students with most All-Star Stickers (caught being good!)

Ally Beard: Most Life-Skill beads (Caught demonstrating great leadership and friendship qualities!)

Adam Williams: Using his energy to earn the most completed laps across the world thus far! (Close to His PALA award!)



CHAMP's Walk Across the World

In the next weeks we will have five minutes every day to jog, run, or walk as many laps as possible before the buzzer goes off. Each Day Log your laps on this sheet and once a week we will see how many miles you went! *As a team* we will see how far we can "Walk across the US", and than Eventually Walk Across the whole World. Take a look each month on our Bulletin Board where we have fun facts about the new city we traveled to and check out the US map in the classroom where students picked all there desired traveling locations! We have made it to Binghamton! That means collectively as a group we have run 301 laps, traveled 38.75 miles and still moving! Individually we have goals to; these are called PALA awards: The *Presidential Active Lifestyle Ward*. Students will begin to log how many minutes of high activity on a daily basis at CHAMP (as well as organized exercise outside of CHAMP!)



Students turn the corner and continue running across the world!

Homework Time!

With the number of adults low for the month of January I ask for your cooperation. If you know your child is struggling with something or just needs to put some extra time and energy into something homework related please tell one of the adult leaders with us during the month of January. Although we do not have the low ratio we do during the college semesters, homework time is still one of our top priorities. In the New Year we will also re-stock on teacher materials so if a student does not have specific homework they can pick worksheets, flash cards, or just practice school-skills with an adult.



Vince and Ryan work hard on their Red Reward Treat!
(Gingerbread Houses)

Healthy Highway!

Students have passed their goal of Thirty Green Snacks (healthiest food choice) and were awarded with a red snack (The few are far between treat) and had a day of Making Gingerbread houses! Students have tried and tasted oatmeal, different jams, popcorn, assorted green veggies, nutella, and many other healthy snacks. Check out our Traffic Sign Food List on the wall next to our white board and see what your children are eating!



Daniel gets Reilly back in the by unfreezing him in Jack Frost Tag!

Activity Time!

The last few months made for some fun months while students took part in many Holiday and winter themed games. Students had Halloween stations to travel around, went turkey hunting, created their own Menorahs and Kinoras and bowled for team Hanukah or Kwanza, helped get their Christmas tree friends back in the game but placing a star on their tree, and had a Toe tag snowball fight on the turf! We will finish off this next week with Christmas and Kwanzaa themed activities, ice skate to holiday music and work on some fine motor skills with Holiday Crafts!

New this Month: Peer Mentorship!

Students who prove to be leaders will get the chance to be mentors this next month! Student leaders will get a group of students to mentor throughout the day. Practice what their mentors did for them!



Ally helps fellow classmate, Deanna, make her Kwanzaa mat!

In Closing...

Thank you for making this first semester a smooth and wonderful experience at CHAMP. We could not do this without your child *or* you! The New Year will bring some new experiences but we still keep to our number one purpose: to improve and continue to improve as a healthy and whole person (everyone!) Feel free to contact us with any questions or concerns regarding the program as well as helpful tips to help your child get the best possible experience!