

HEALTH FITNESS NEWSLETTER



NOVEMBER 2022



WEST SUPPORT CENTER

WHAT'S GOING ON?



WHAT ARE YOU GRATEFUL FOR?

HAPPY TURKEY MONTH!

Thank you to everyone who participated in the Lawrenz Health Fitness Extravaganza this past month. It was a huge success! We are ready for our second round of the sports camp on Saturday, November 12. Read the upcoming events below to stay up to date! Enjoy this month's newsletter!



TABLE OF CONTENTS

Page 1: Introduction
Page 2: HF Teacher/TA Feature
Page 3: SBMSA Basketball Teams
Page 4: SBMSA Girls Clinic
Page 5 - 7: HF PD Day 10/7 Photos
Page 8: SBHFTA Grant Application
Page 9 - 13: Advanced Movers Volleyball Photos
Page 13 - 14: Advanced Movers Football Photos
Pages 15 - 16: Advanced Movers Basketball Schedules
Page 17: HF PD Day 10/26 Photos
Page 18 - 27: Lawrenz Extravaganza Event Photos
Page 28 - 30: Quaver Health PE Resources
Page 31: Happy Thanksgiving!

UPCOMING EVENTS



NOVEMBER 6

Daylight Savings Time Ends (turn back clocks 1 hour!)



NOVEMBER 12

Lawrenz Health Fitness Extravaganza (grades 4-6) @ SOMS 8am - 12pm



NOVEMBER 30

Elementary HF Teachers and Assistants Training @ WSC Gym 1:00 - 3:30pm



NOV 30 - DEC 3

November 30-December 3: Annual TAPERD Convention - Corpus Christie, TX



DECEMBER 1

HS CPR for Graduation Requirement Due



Whitney Williams
NHS

I'm coming from Beaumont, Texas where I spent 7 years at West Brook Sr. High School teaching physical education, coaching girls' basketball, and was the shot put & discus coach for girl's track. I also spent 5 years writing the physical education curriculum for Beaumont ISD.

Teaching health fitness impacts lives and not only do you learn lifetime activities, but it promotes self-love by teaching you how to take care of your body and mental health. One of my main goals this year is to make students more knowledgeable about taking care of their physical, spiritual, and mental well-being.

I'm looking forward to learning new skills and growing as an educator.



Julia Oldham
MWE

Hi! My name is Julia and I am from Scotland, UK! I moved over to Houston in the summer 2019, I am loving my time here but maybe not the heat and humidity in August 😊! I studied at the University of Aberdeen and Edinburgh in Scotland. I mostly taught health fitness in high school back home, so I am looking forward to teaching a different grade level. I am excited to teach in Texas and learn new things and work with a new team! Fun fact about me is I love to travel and have been to 36 countries and counting!

I was born and raised in Spring Branch and graduated from Spring Woods High School.

I was in sports since middle school and enjoyed being active. I knew I wanted to be a part of the medical/health field when I was in high school. I just didn't know which route I would prefer. I decided this year I wanted to pursue becoming a PE teacher.

So, I am currently working towards getting a teaching certification and would love to teach in SBISD because it is the district I grew up in.

Fun fact: I have a Golden Retriever whose name is Dash, and we love going to the park to play fetch.



Natasha Camarillo | HBE

SBMSA BASKETBALL

It is time to form Advanced Movers teams and coaches for the SBMSA basketball program!

Nancy Bell Scales, who spoke at our in-service on the 7th about Advanced Movers, has shared a presentation about the upcoming basketball season that might answer any questions you have!

If you are interested in coaching or know someone who wants to coach, then let **Leslie Wylie** know what team and what school you would like to coach at.

If you are interested in forming a team but *need a coach*, then please let Leslie know, because SBMSA may provide one!

Coaches will be paid a **\$1000 stipend** at the end of the season.

Here are the teams that can be formed. No more than 12 on a team:

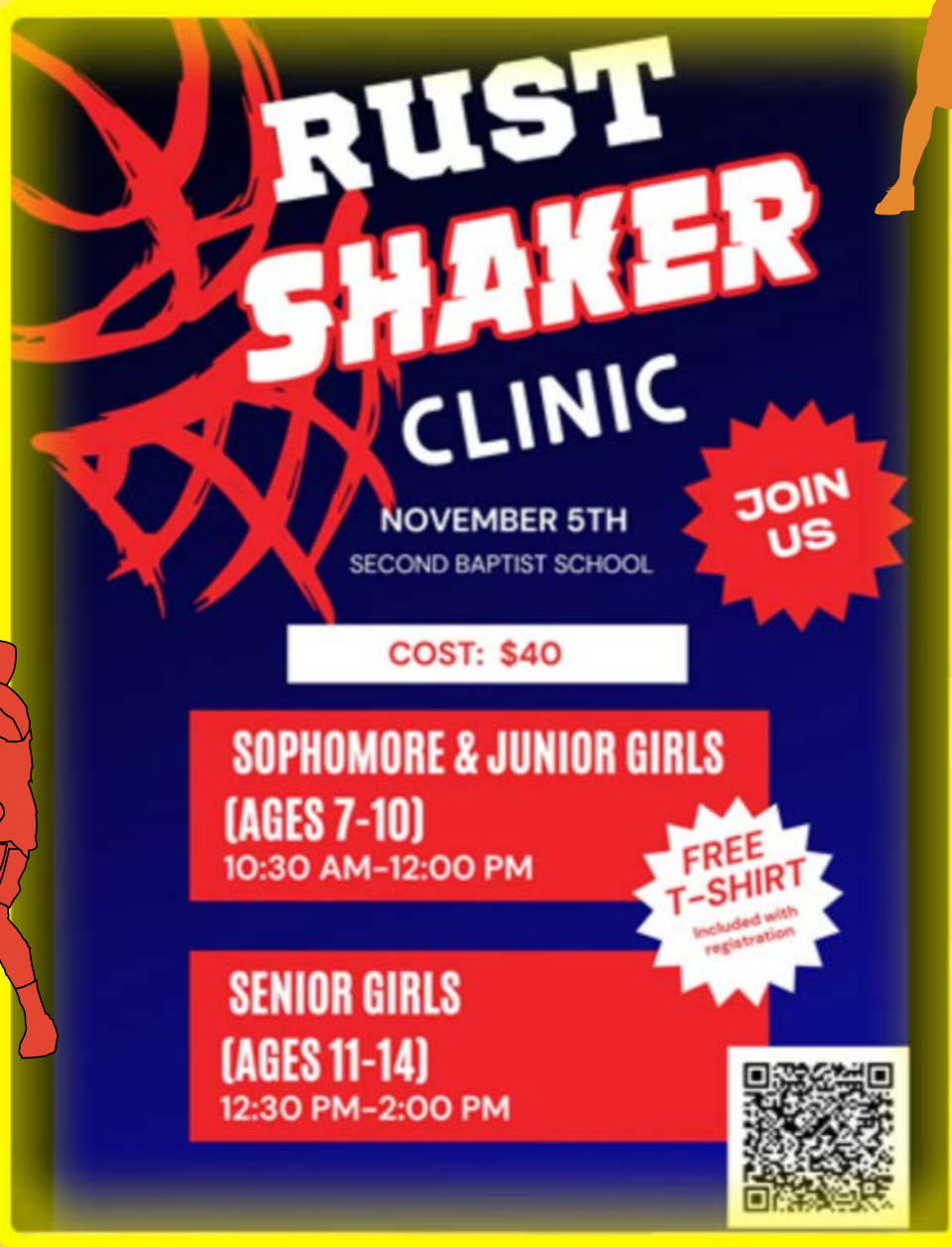
- ▣ 7-8 year old (2nd-3rd grade) boys
- ▣ 7-8 year old (2nd-3rd grade) girls
- ▣ 9-10 year old (4th-5th grade) boys
- ▣ 9-10 year old (4th-5th grade) girls
- ▣ 6th grade boys
- ▣ 6th grade girls
- ▣ 7th & 8th grade boys — cannot have more than six 8th graders on team
- ▣ 7th & 8th grade girls — cannot have more than six 8th graders on team

Once we know who is forming teams, we will send you the registration forms to hand out to the students.

Thank you!



SBMSA RUST SHAKER CLINIC



RUST SHAKER CLINIC

NOVEMBER 5TH
SECOND BAPTIST SCHOOL


COST: \$40

**SOPHOMORE & JUNIOR GIRLS
(AGES 7-10)
10:30 AM-12:00 PM**

**SENIOR GIRLS
(AGES 11-14)
12:30 PM-2:00 PM**

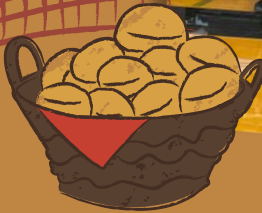
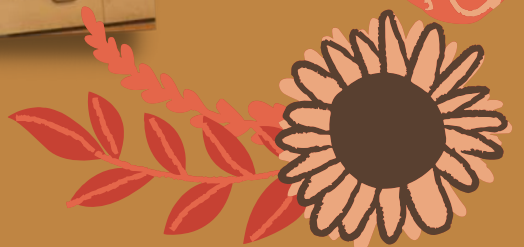
JOIN US

FREE T-SHIRT
Included with registration



***FREE FOR ADVANCED MOVERS**

SBISD HF DEPT PD DAY
October 7, 2022

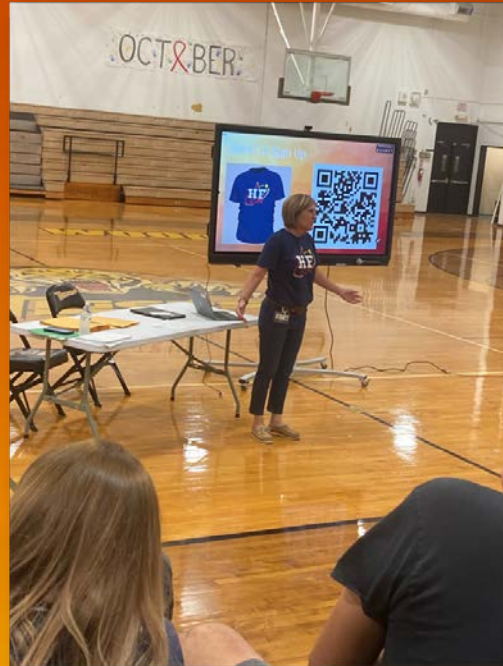


SBISD HF DEPT PD DAY





SBISD HF DEPT PD DAY



SBHFTA innovative grant application



The SBHFTA has
extended the deadline
for our innovative grant
applications! Please
check your **email from**
Leticia for the
application with all the
directions on how to
apply for and submit
your grant.

All grant applications
are due Wednesday,
December 7th, 2022 by
4:00 pm — NO
EXCEPTIONS!



ADVANCED MOVERS

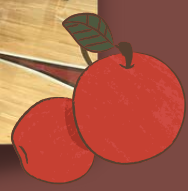


Above: September 30, 2022
Nottingham Elementary @
Stratford High School



ADVANCED MOVERS

10/4/22:
Ridgecrest,
Hollibrook, &
Spring Shadows
Elementary @
Northbrook HS



ADVANCED MOVERS



10/4/22:
Ridgecrest,
Hollibrook, &
Spring Shadows
Elementary @
Northbrook HS



Below: October 5, 2022
Housman Elementary @
Lamar Middle School



ADVANCED MOVERS



Left: October 14,
2022 Bunker Hill
Elementary @
Memorial High School





Above: October 18, 2022
Sherwood Elementary @ SHS

ADVANCED MOVERS



Left, Above:
October 21, 2022
MDE & BHE @ SHS

ADVANCED MOVERS



October 13, 2022:
Lamar Middle School @ Northbrook



High School Girls Basketball Schedule

Northbrook High School 2021-2022 Girls Basketball Schedule

Advanced Movers Schools	Day	Date	Opponents	Freshman A	Freshman B	JV	Varsity	Location
	Friday	November 5, 2021	Northside HS			4:00 p.m.	5:30 p.m.	Northbrook HS
Shadow Oaks	Tuesday	December 7, 2021	Jersey Village	4:00 p.m.		5:30 p.m.	7:00 p.m.	Northbrook HS
	Friday	December 10, 2021	Duchesne Academy			4:00 p.m.	5:30 p.m.	Northbrook HS
	Friday	December 17, 2021	Spring Wood	4:00 p.m.		5:30 p.m.	7:00 p.m.	DCC
	Tuesday	January 11, 2022	Cy Ridge	4:00 p.m.		5:30 p.m.	7:00 p.m.	Northbrook HS
	Wednesday	January 26, 2022	Spring Wood			4:00 p.m.	5:30 p.m.	DCC

Stratford High School 2021-2022 Girls Basketball Schedule

Advanced Movers Schools	Day	Date	Opponents	Freshman A	Freshman B	JV	Varsity	Location
	Tuesday	November 9, 2021	Fort Bend Clements	4:00 p.m.		5:30 p.m.	7:00 p.m.	Stratford HS
	Friday	December 17, 2021	Jersey Village	4:00 p.m.		5:30 p.m.	7:00 p.m.	Stratford HS
	Friday	January 7, 2022	Memorial				7:00 p.m.	DCC
	Tuesday	January 18, 2022	Cy-Ridge	4:00 p.m.		5:30 p.m.	7:00 p.m.	Stratford HS
Rummel Creek	Wednesday	February 2, 2022	Memorial			4:00 p.m.	5:30 p.m.	DCC
	Saturday	February 5, 2022	Cy-Creek	9:00 a.m.		10:30 a.m.	12 p.m.	Stratford HS

Spring Woods High School 2021-2022 Girls Basketball Schedule

Advanced Movers Schools	Day	Date	Opponents	Freshman A	Freshman B	JV	Varsity	Location
	Tuesday	November 9, 2021	South Houston	4:00 p.m.		5:30 p.m.	7:00 p.m.	Spring Woods HS
	Monday	November 15, 2021	C.E.King	4:00 p.m.		5:30 p.m.	7:00 p.m.	Spring Woods HS
	Tuesday	November 30, 2021	Montgomery	4:00 p.m.		5:30 p.m.	7:00 p.m.	Spring Woods HS
	Tuesday	December 14, 2021	Cy-Ridge	4:00 p.m.		5:30 p.m.	7:00 p.m.	Spring Woods HS
	Friday	December 17, 2021	Northbrook	4:00 p.m.		5:30 p.m.	7:00 p.m.	DCC
	Friday	January 7, 2022	Cy-Creek	4:00 p.m.		5:30 p.m.	7:00 p.m.	Spring Woods HS
Buffalo Creek	Wednesday	January 26, 2022	Northbrook			4:00 p.m.	5:30 p.m.	DCC
	Saturday	February 5, 2022	Jersey Village	9:00 a.m.		10:30 a.m.	12 p.m.	Spring Woods HS
	Wednesday	February 9, 2022	Cy-Fair	4:00 p.m.		5:30 p.m.	7:00 p.m.	Spring Woods HS

Memorial High School 2021-2022 Girls Basketball Schedule

Advanced Movers Schools	Day	Date	Opponents	Freshman A	Freshman B	JV	Varsity	Location
	Tuesday	November 9, 2021	Kempner	4:00 p.m.		5:30 p.m.	7:00 p.m.	Memorial HS
	Friday	January 7, 2022	Stratford				7:00 p.m.	DCC
	Tuesday	January 11, 2022	Cy-Fair	4:00 p.m.		5:30 p.m.	7:00 p.m.	Memorial HS
	Friday	January 14, 2022	Cy-Ridge	4:00 p.m.		5:30 p.m.	7:00 p.m.	Memorial HS
Hunters Creek	Friday	January 21, 2022	Jersey Village	4:00 p.m.		5:30 p.m.	7:00 p.m.	DCC
	Wednesday	January 26, 2022	Cy-Creek	4:00 p.m.		5:30 p.m.	7:00 p.m.	DCC
Memorial Drive	Wednesday	February 2, 2022	Stratford	4:00 p.m.			5:30 p.m.	DCC

Advance Movers Girls Basketball Schedule

Please let Pamela know when you are going to take your students to an advanced mover's basketball game!

High School Boys Basketball Schedule

Northbrook High School 2021-2022 Boys Basketball Schedule									
Advanced Movers School	Day	Date	Opponents	Freshman A	Freshman B	Sophomore	JV	Varsity	Location
	Friday	November 12, 2021	Brookshire Royals	4:00 p.m.			5:30 p.m.	7:00 p.m.	Northbrook HS
	Tuesday	November 16, 2021	Scarborough	4:00 p.m.			5:30 p.m.	7:00 p.m.	Northbrook HS
	Friday	December 17, 2021	Spring Woods	4:00 p.m.	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	DCC
	Friday	January 7, 2022	Cy-Fair	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Northbrook HS
	Tuesday	January 18, 2022	Jersey Village	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Northbrook HS
	Wednesday	January 26, 2022	Spring Woods	4:00 p.m.	5:30 p.m.	5:30 p.m.	4:00 p.m.	7:00 p.m.	DCC
	Saturday	February 5, 2022	Cy-Ridge	9:00 a.m.	10:30 a.m.	9:00 a.m.	9:00 a.m.	12:30 p.m.	Northbrook HS
Long Shadows/Treasure Falls	Wednesday	February 16, 2022	Cy-Creek	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Northbrook HS
Stratford High School 2021-2022 Boys Basketball Schedule									
Advanced Movers School	Day	Date	Opponents	Freshman A	Freshman B	Sophomore	JV	Varsity	Location
	Tuesday	November 9, 2021	Magnolia West				4:30 p.m.	6:00 p.m.	Stratford HS
	Tuesday	November 16, 2021	Bridgeland	4:30 p.m.	5:45 p.m.	4:30 p.m.	5:45 p.m.	7:00 p.m.	Stratford HS
	Friday	December 10, 2021	Strake Jesuit		4:00 p.m.	5:30 p.m.		7:00 p.m.	Stratford HS
	Friday	January 7, 2022	Memorial	4:00 p.m.	5:30 p.m.	7:00 p.m.	4:00 p.m.	5:30 p.m.	DCC
	Tuesday	January 11, 2022	Cy-Creek	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Stratford HS
	Friday	January 21, 2022	Cy-Fair	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Stratford HS
	Tuesday	January 25, 2022	Jersey Village	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Stratford HS
Housman	Tuesday	February 2, 2022	Memorial	4:00 p.m.	5:30 p.m.	5:30 p.m.	4:00 p.m.	7:00 p.m.	DCC
	Friday	February 11, 2022	Cy-Ridge	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Stratford HS
Spring Woods High School 2021-2022 Boys Basketball Schedule									
Advanced Movers School	Day	Date	Opponents	Freshman A	Freshman B	Sophomore	JV	Varsity	Location
	Friday	November 19, 2021	Fort Bend Marshall	4:00 p.m.	4:00 p.m.	5:30 p.m.	5:30 p.m.	7:00 p.m.	Spring Woods
Shadow Oaks/Westwood	Friday	December 10, 2021	Pasadena Memorial	4:00 p.m.	4:00 p.m.	5:30 p.m.	5:30 p.m.	7:00 p.m.	Spring Woods
	Friday	December 17, 2021	Northbrook				4:00 p.m.	5:30 p.m.	DCC
	Tuesday	January 11, 2022	Jersey Village	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Spring Woods
	Friday	January 14, 2022	Cy-Fair	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Spring Woods
	Friday	January 21, 2022	Cy-Ridge	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Spring Woods
	Wednesday	January 26, 2022	Northbrook					7:00 p.m.	DCC
	Wednesday	February 2, 2022	Cy-Creek	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Spring Woods
	Saturday	February 12, 2022	Memorial	9:00 a.m.	10:30 a.m.	9:00 a.m.	10:30 a.m.	12:00	Spring Woods
Memorial High School 2021-2022 Boys Basketball Schedule									
Advanced Movers School	Day	Date	Opponents	Freshman A	Freshman B	Sophomore	JV	Varsity	Location
	Monday	November 8, 2021	Katy				5:00 p.m.	6:30 p.m.	Memorial
	Tuesday	November 30, 2021	Pasadena Memorial	4:00 p.m.	4:00 p.m.	5:30 p.m.	5:30 p.m.	7:00 p.m.	Memorial
	Monday	December 13, 2021	Pasadena	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Memorial
	Friday	December 17, 2021	Cy-Creek	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Memorial
Frostwood/Valley Oaks	Friday	January 7, 2022	Stratford	4:00 p.m.	5:30 p.m.	7:00 p.m.	4:00 p.m.	5:30 p.m.	DCC
	Wednesday	February 2, 2022	Stratford	4:00 p.m.	5:30 p.m.	5:30 p.m.	4:00 p.m.	7:00 p.m.	DCC
	Saturday	February 5, 2022	Cy-Ridge	9:00 a.m.	10:30 a.m.	9:00 a.m.	10:30 a.m.	12:00 p.m.	Memorial
Memorial Drive/Pine Shadow	Wednesday	February 9, 2022	Cy-Ridge	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	DCC
	Wednesday	February 16, 2022	Jersey Village	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	DCC
Ridgecrest	Wednesday	January 26, 2022			5:00 p.m.				Landrum

Advance Movers Boys Basketball Schedule

Please let Pamela know when you are going to take your students to an advanced mover's basketball game!



Thank you to the
**multilingual
department**
supporting the health
fitness teachers!



Elementary
Health Fitness
PD Day
October 26,
2022



LAWRENZ



REMINDER: SATURDAY, NOVEMBER 12, 2022 IS LAWRENZ FOR GRADES 4, 5, AND 6!

The **October Lawrenz Health Fitness Extravaganza** featured instruction in 15 sports and activities to SBISD students in grades 1 — 3.

The proceeds from the event will go to the **Spring Branch Health Fitness Teachers Association** to be used for scholarships, teacher training, and grants.

Thank you to **Berg Hospitality Group** for lunch! Please enjoy the following pages of **photos** from Saturday, October 22! Thank you!

FUN!

LAWRENZ



Basketball

Jump Rope

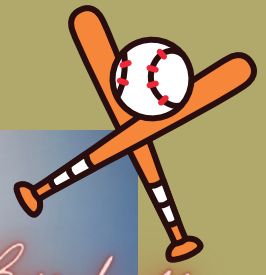
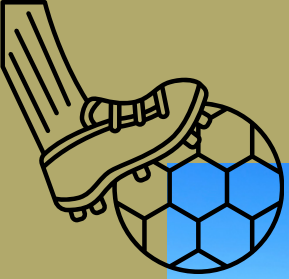


Cheerleading



Tennis





Baseball



Soccer



Softball



LAWRENZ





Flag Football



Baseball



Health Fitness Games

LAWRENZ





Health Fitness Games



Golf



Cup Stacking



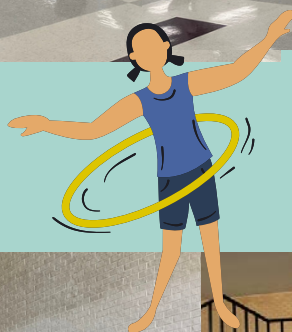
LAWRENZ



Hip Hop Dance



dance
dance
dance



LAWRENZ



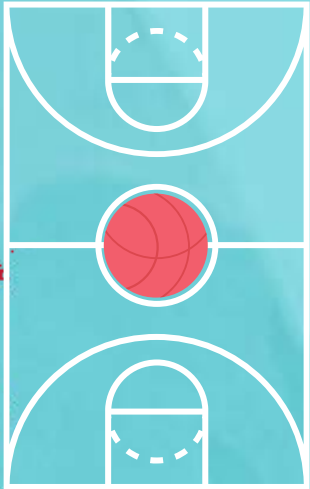
Hula Hoops



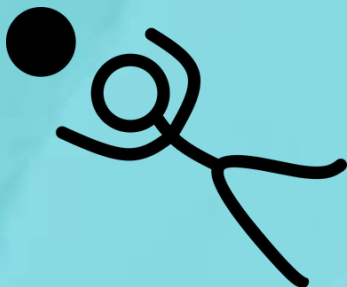


PLAY

LAWRENZ



Basketball







Football



LAWRENZ



Soccer



Baseball



Special thank you
to Lina R. and
Sophia R. of SWHS
Cheer for
volunteering to
teach cheer at
Lawrenz!

Check it out!



This PE curriculum is broken down into twelve units with three lessons each. Select the PE Lessons icon from your dashboard and the appropriate grade level to view lesson content. PE lessons have everything you need to teach each unit with a variety of topics. The lessons all include the following:

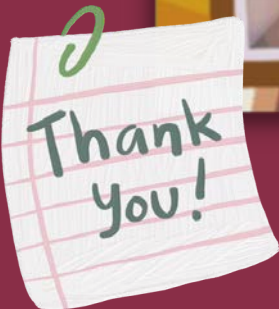
- Warm-Up
- PE Skills Practice
- Assessment and Goal Progress
- Cool Down
- Additional Resources, when applicable





Did you know that QuaverHealth-PE offers Spanish translations to meet the needs of dual-language learners?

You can find a variety of songs, movement videos (such as "Good Habits"), and interactive screens in the Health Toolbox.





QuaverHealth•PE also has a collection of interactive lessons that can be done from home. Each grade level contains several modules with songs, movement videos, and interactive screens for parents and students to use.

Launch the Parent Resources icon from your dashboard, or watch the movement video "Balance and Nutrition" from the 1st-grade lesson "A Balanced Diet."

Let us know if you have any questions!

Happy
Thanksgiving

