



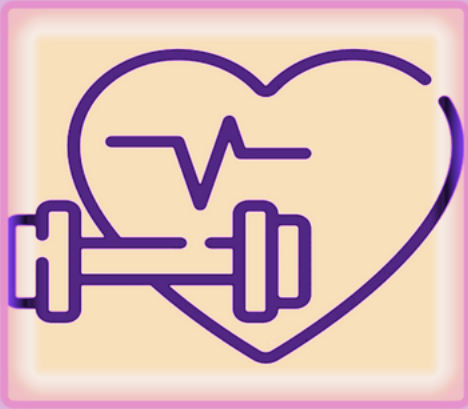
HEALTH FITNESS NEWSLETTER

SPRING BRANCH ISD



WEST SUPPORT CENTER

OCTOBER 2022



HAPPY FALL!



WELCOME TO HEALTH FITNESS

Apologies for a late, first newsletter!
We are so excited the start of the 2022 - 2023 school year has already begun.
We know it's been a blast!
A warm welcome to all our new Health Fitness Teachers, Assistant Teachers, and staff members! And a huge welcome back to everyone else!
We can't wait to see your growth, passion, and persistence this year.
Let's go SBISD!



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UPCOMING EVENTS

OCTOBER 1 (SAT)

FPR Hay Bale CC meet at
Nottingham Park

OCTOBER 7 (FRI)

SBHFTA + HF Meeting
12:30 pm - 3:30 pm
@ SWHS Main Gym

OCTOBER 10 (SAT)

Holiday: Students + Staff

OCTOBER 22 (SAT)

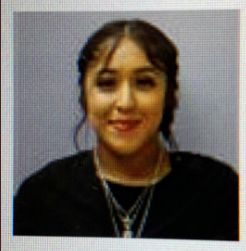
1st-3rd Grade-Lawrenz HF
Extravaganza
8 am - 12:30 pm
@ Spring Oaks Middle School

OCTOBER 26 (WED)

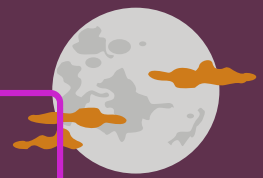
Elem. HF Teachers + TAs Meeting
1 - 3:30 pm
@ WSC Gym

Health Fitness Staff Feature

EBENY PALACIOS – WILCHESTER ELEMENTARY



I'm from Houston, Texas. I picked health fitness because I wanted to get to know more kids and how they learn. My goal for health fitness is to learn as many names as I can! I'm excited for this year is seeing myself grow and seeing what I could do better for these kids. A fun fact about me is that I was in a drill team. Something else about me is that I'm very shy! But I love to make new friends.



FREDRICK CONYERS – RUMMEL CREEK ELEMENTARY



Hello! My name Fredrick Conyers. I was born 1994 in Willingboro, New Jersey, and then moved to Omaha, Nebraska. When in 3rd, I moved here to Houston, Texas. I attended Clear Brook High School in Friendswood, Texas. In college, I played football at Blinn College and Texas A&M Kingsville. I graduated from Prairie View A&M. Also I played professional football in FCF - Fan Controlled Football.

Why health fitness?

To help kids improve their health fitness goals.

What are you most excited for this year?

Working with a different grade level!

JAVIER JEREZ – FROSTWOOD ELEMENTARY



I was born and raised in Houston, Texas but my family is from Mexico. We moved to England for 4 years when I was 15 and then moved back to attend Texas A&M University.

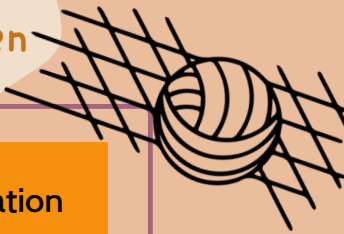
I first started as a soccer coach when I graduated and continued to be a coach for Albion Hurricanes FC, but then wanted to try being a health fitness teacher too and have loved it so far!

This year I'm excited for my first year as a head HF teacher at Frostwood and working with the great team we have here.

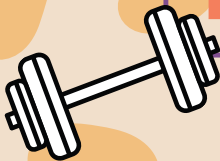
Fun fact about myself is that I'm a triplet and one of them also works in the district (Michelle @ Ridgecrest)!



Advanced Movers Volleyball Schedule: Limited Spots Open

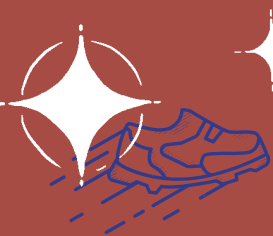


Date	School	Game	Time	Location
*Tuesday, October 4	Northbrook High School	NHS vs. Cypress Ridge	5:30 pm	NHS
*Wednesday, October 5	Northbrook High School	Landrum vs. SWHS	5pm, 6pm	Landrum
*Tuesday, October 18	Northbrook High School	NHS vs. Cypress Creek	5:30 pm	NHS
*Friday, October 21	Northbrook High School	NHS vs. Jersey Village	5:30 pm	NHS
*Friday, September 30	Stratford High School	SHS vs. Jersey Village	5:30 pm	SHS
Friday, October 7	Stratford High School	SHS vs. Cy-Creek	5:30 pm	SHS
*Tuesday, October 18	Stratford High School	SHS vs. Cy-Ridge	5:30 pm	SHS
Tuesday, September 27	Spring Woods High School	SWHS vs. Cy-Creek	5:30 pm	SWHS
Tuesday, October 4	Spring Woods High School	SWHS vs. Jersey Village	5:30 pm	SWHS
*Friday, October 14	Memorial High School	MHS vs. Cy-Ridge	5:30 pm	MHS



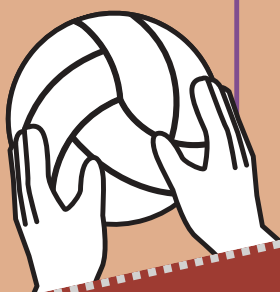
***Schools attending in order above:**
10/4 Hollibrook, Ridgecrest
10/5 Housman
10/18 Buffalo Creek @ NHS
10/21 Edgebrook
9/30 Nottingham
10/18 Sherwood @ SHS
10/14 Hunters Creek, Bunker Hill





September 13
Pine Shadows
Elementary @
Spring Woods High
School

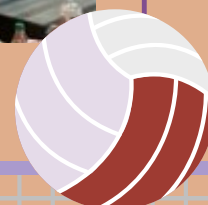
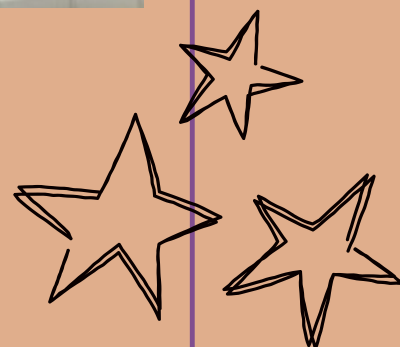
ADVANCED MOVERS



SEPT 23

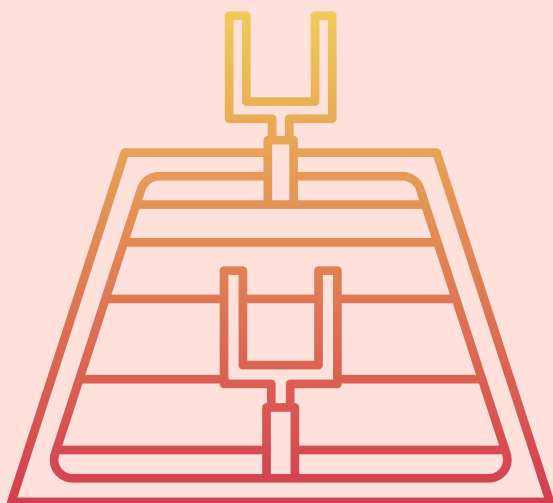
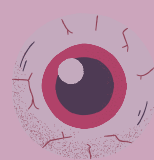


Valley Oaks &
Frostwood @
Memorial High
School



Advanced Movers Football Schedule: Many Spots Available

Date	School	Game	Time	Location
Thursday, October 13	Northbrook High School	NHS vs. Cy-Fair	6:30 pm	Tully Stadium
*Friday, October 21	Memorial High School	MHS vs. Jersey Village	7 pm	Tully Stadium
Thursday, October 27	Spring Woods High School	SWHS vs. Cy-Creek	6:30 pm	Tully Stadium
Saturday, October 22	Stratford High School	SHS vs. Cy-Ridge	1 pm	Tully Stadium
Thursday, November 3	Stratford High School	SHS vs. Jersey Village	6:30 pm	Tully Stadium



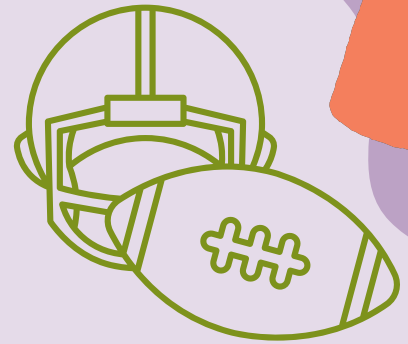
**'SCHOOLS ATTENDING:
10/21 MEMORIAL DRIVE
BUNKER HILL**

Contact **Leslie Wylie & Pamela Thompson** for more information and/or to sign up your students for a spot at an upcoming volleyball/football game:

leslie.wylie@springbranchisd.com
pamela.thompson@springbranchisd.com



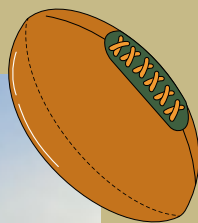
ADVANCED MOVERS



August 26

Buffalo Creek & Cedar
Brook Elementary Schools
@ Northbrook High School





September 23

Thornwood & Nottingham
Elementary Schools @
Stratford High School



September 24

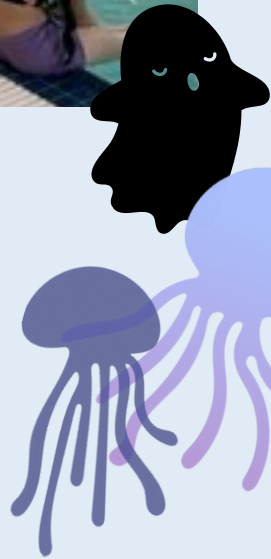
Frostwood & Housman
Elementary Schools @
Memorial High School





September 21

Elementary Swimming
Lessons during Health
Fitness





SBHFTA

SBHFTA, also known as the **Spring Branch Health Fitness Teachers Association**, is open for registration! If you would like to sign up for SBHFTA, please click [here](#).

PS: The Association is super excited to meet for our **upcoming PD day**. Wear your Association shirt on **Friday, October 7** to rep our department! We look forward to all the awesome presentations and opportunities to collaborate. If you have not joined the Association yet, don't worry, you will have more opportunities at our PD day.
~Krissy Scott

The registration application for the **TAHPERD Winter Conference** is OPEN!

[Early bird registration ends October 1!](#)

The conference is Wednesday, November 30th to Saturday, December 3, 2022 in Corpus Christi, TX.

This is a great opportunity for you to take advantage of and gather great lesson plans and ideas.

For more information, please visit <https://www.tahperd.org/tahperd-main-website-event/annual-convention>

For those attending, Michael Hertlein and Anne Daily will be presenting at the sessions!

Swimming Lessons! It's not too late to sign up your 1st-3rd graders at the **YMCA** or Dad's Club. Click [here](#) for the YMCA sign up link.

Please note:

The YMCA has a hard cap on the number of students that can be brought in for each time slot. More students than the cap will result in swimmers being in the water for a shorter amount of time than what is ideal for their learning.

If needed, it is recommend for classes/schools to sign up for both timeslots on the same week or split the class over multiple weeks so we can serve all the students while also providing a quality learning experience for them.



YMCA



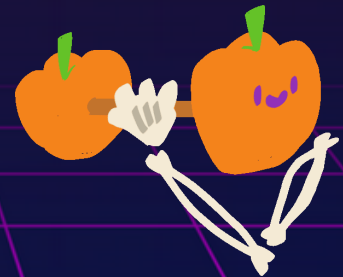
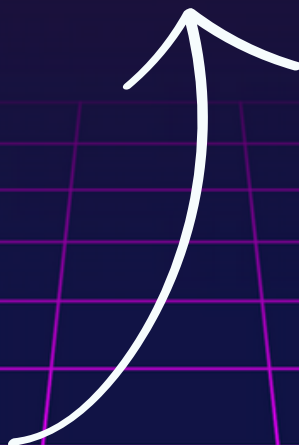
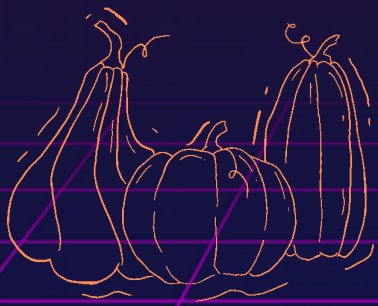
SBHFTA + HF DEPT WORKSHOP

OCT
7

SBHFTA and Health Fitness Department Workshop

October 7, 2022- 12:30 p.m.-3:30 p.m.

Session Time	Grade Level	Topic	Presenter's Name	Location
12:30pm – 1:25pm	All Levels	Spring Branch Health Fitness Teachers Association & HF Department General Session	<ul style="list-style-type: none"> • SBHFTA Board • Leslie Wylie • Pamela Thompson 	Spring Woods HS (SWHS) Main Gym
1:30pm – 2:00pm	Elementary	American Heart Association and Kids Heart Challenge	<ul style="list-style-type: none"> • Ashley Avalos 	SWHS Gym 2
1:30pm – 2:00pm	Secondary	Large Group Games and Activities	<ul style="list-style-type: none"> • Dawn Dalcour (SWMS), • Rashida Aikens (SWHS) • Joe Gibson (SWHS) 	SWHS Main Gym
2:05pm – 2:35pm	Elementary	Large Group Games and Activities	<ul style="list-style-type: none"> • Anne Daily (WCE) • Michael Hertlein (RCE) 	SWHS Main Gym
2:05pm – 2:35pm	Secondary	American Heart Association introduction into secondary classes	<ul style="list-style-type: none"> • Ashley Avalos 	SWHS Gym 2
2:40pm – 3:30pm	All Levels	SBMSA Advanced Movers Basketball info session Canvas Q & A Meet and Plan with Group: <ul style="list-style-type: none"> • Secondary Departments • Elementary quads • Health Teachers • ABL teachers 	<ul style="list-style-type: none"> • Rep from SBMSA • Karla Pace (Ed Tech) 	SWHS Main Gym



LAWRENZ FITNESS EXTRAVAGANZA

**SATURDAY
OCTOBER 22
NOVEMBER 12**

ACTIVITIES:

BASIC FIRST AID
BASEBALL
BASKETBALL
CHEERLEADING
FOOTBALL
GAMING
GOLF
GYMNASTICS
HIP HOP DANCE
LACROSSE
SOCCER
SOFTBALL
SWIMMING
TENNIS
VOLLEYBALL

Support SBHFTA!

Sign up your
students today!



**TRICK
OR
TREAT**





Merch?!



HAVEN'T RECEIVE THE NEW HF T-SHIRT?
REACH OUT TO MACHELI FLORES AT
MACHELI.FLORES@SPRINGBRANCHISD.COM
TO GET YOUR HANDS ON ONE TODAY!



ABOVE:
CASANDRA
BRISBIN
SHOWING OFF THE
SBHFTA SHIRT!



HAPPY HALLOWEEN! STAY SAFE OUT THERE!

