

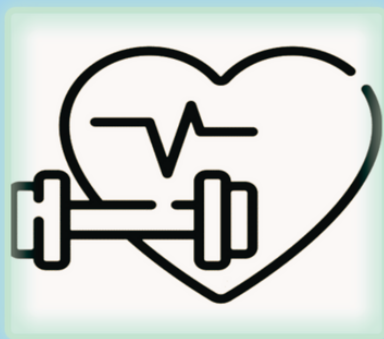
HEALTH FITNESS NEWSLETTER

JANUARY 2023



WEST SUPPORT CENTER

A NEW YEAR!



JOLLY TIMES

HAPPY HOLIDAYS!

Enjoy this month's edition of the Health Fitness Department's newsletter! Hope everyone has a very Merry Christmas and have a Happy New Year! Let's get ready for the new year of 2023!

TABLE OF CONTENTS

Page 1: Introduction
Page 2: HF Staff Feature
Page 3: Innovative Grant Winner!
Page 4: January 2nd HF PD Day Schedule
Page 5: Advanced Movers BB Schedule
Page 6: Spring Track Date Moved
Page 7: First Tee Champions Challenge
Page 8: AHA District Wear Red Day
Page 9: AHA December Wellness
Page 10: Dynamic PE ASAP Resources

UPCOMING EVENTS

JANUARY 2

Professional Development @ SWHS
11:30am - 3:30pm for MS Coaches (Gym 3)
12:30 - 3:30pm for Elem. & HS Coaches (Gym 1)

JANUARY 13

Opt-In Letters Due for Middle School
Choosing the Best

JANUARY 16

Staff + Student Holiday

JANUARY 23

First Tee Program Reports Due

JANUARY 25

Elementary Teachers PD @ WSC Gym
1 - 3:30pm

JANUARY 31

Last Day to Order Equipment from HF
Department Budget: Send Quote to
Nsikak Scranton

HF STAFF FEATURE



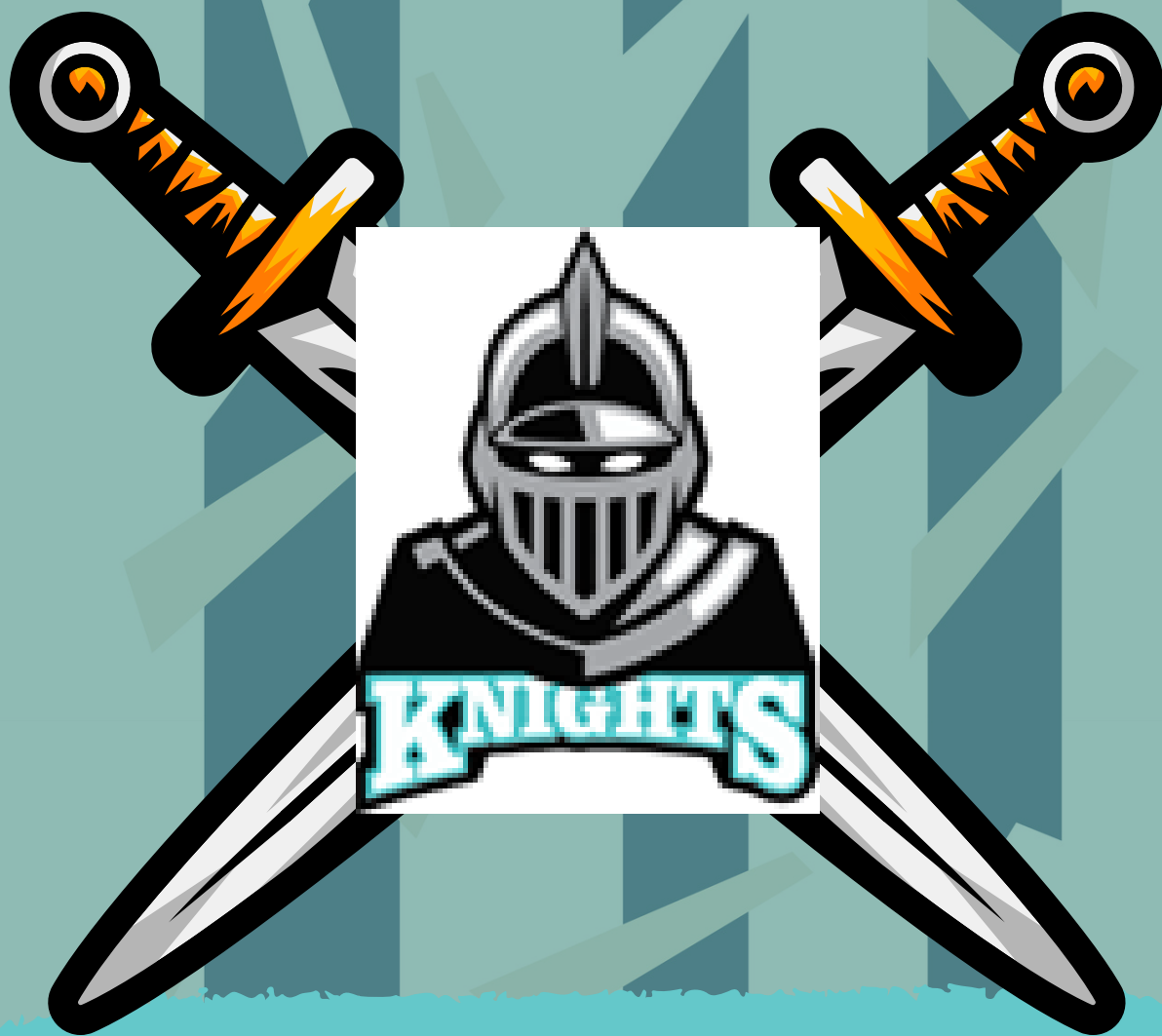
**JORDAN
LANGLEY**

Hi everyone! I am the **health fitness para** at **Frostwood Elementary**. I was born and raised in **Fresno, California** before moving to Texas to attend **Texas Tech!** After graduating, I decided I wanted to pursue two of my passions, **fitness and teaching**. I am currently finishing up my teaching credentials and my goal is to pass my exams and become a **full-time health fitness coach**. A fun fact about me is that I am a **trained tap dancer!** I have absolutely loved working in the Spring Branch school district and am so lucky to be a part of an **amazing health fitness program** here!



**CHRIS
KELLY**

This is my **1st year at Northbrook** and **15th overall**. I most recently **taught PE** at Jersey Village after **teaching World Geography at Stratford**, and I am happy to return to Spring Branch ISD. My goal in Health Fitness is to help students **develop life-long healthy habits** as they realize the benefits of being physically active. I am excited **to teach students to love sports** like I do. I grew up in **Southern California** playing mostly volleyball, basketball, and softball. I attended **BYU** twice, receiving a History Teaching degree (1995) with a minor in Physical Education-Coaching and an MPA (2003). My wife and I **moved to Texas in 2008**, where 3 of our 11 children were born.



CONGRATULATIONS TO LETICIA HOGEDA AT
NORTHBROOK MIDDLE SCHOOL FOR
WINNING THE SBHFTA INNOVATIVE GRANT
IN THE AMOUNT OF \$750!

WE HOPE THIS GRANT SUPPORTS YOUR
PROJECT OF LIFELONG PHYSICAL
ENRICHMENT AT NORTHBROOK MIDDLE!

2023

HF VPD DAY

Time	Activity
12:30 – 12:45	Welcome & General Session
12:45 – 1:05	Warm-Up Activities Michelle Jerez & Amanda LeBlanc
1:10 – 1:30	Class Management: Less Talk, More Movement Ricardo Concepcion
1:35 – 1:55	Stations Christopher Moreno & Abel Carrillo
2:00 – 2:20	Stations Gary Howard, Christopher Kelly, Angela Sharp, Jasmine Torres, Karre Wallace, Whitney Williams,
2:25 – 2:40	Large Group Games Cortland Bell & Cat Janda
2:45 – 3:05	Large Group Games Casandra Brisbin, Khedrick Dixon, Celine Markert
3:10 – 3:30	Exit Tickets TAHPERD Attendees

2022-2023 High School Boys Basketball Schedule

Northbrook High School 2022-2023 Boys Basketball Schedule

Advanced Movers Schools	Day	Date	Opponents	Freshman A	Freshman B	Sophomore	JV	Varsity	Location
	Tuesday	December 6, 2022	Galena Park	4:00 p.m.			5:30 p.m.	7:00 p.m.	DCC
	Friday	December 9, 2022	Northside	4:30 p.m.			6:30 p.m.	7:00 p.m.	Northbrook
	Saturday	January 7, 2023	Cy-Creek	9:00 a.m.	10:30 a.m.	9:00 a.m.	10:30 a.m.	12:00 Noon	Northbrook
	Wednesday	January 11, 2023	Jersey Village	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Northbrook
	Saturday	January 14, 2023	Spring Woods				9:00 a.m.	10:30 a.m.	DCC
	Friday	January 27, 2023	Cy-Fair	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Northbrook

Stratford High School 2022-2023 Boys Basketball Schedule

Advanced Movers Schools	Day	Date	Opponents	Freshman A	Freshman B	Sophomore	JV	Varsity	Location
	Tuesday	December 6, 2022	Klein Collins	4:00 p.m.	4:00 p.m.	5:30 p.m.	5:30 p.m.	7:00 p.m.	Stratford
	Saturday	January 14, 2023	Jersey Village	9:00 a.m.	10:30 a.m.	9:00 a.m.	10:30 a.m.	12:00 Noon	Stratford
	Tuesday	January 31, 2023	Cy-Ridge	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Stratford
	Friday	February 3, 2023	Memorial					7:00 p.m.	DCC
	Tuesday	February 7, 2023	Jersey Village	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Stratford
	Tuesday	February 12, 2023	Cy-Creek	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Stratford

Spring Woods High School 2022-2023 Boys Basketball Schedule

Advanced Movers Schools	Day	Date	Opponents	Freshman A	Freshman B	Sophomore	JV	Varsity	Location
	Tuesday	December 6, 2022	Kingwood	4:00 p.m.	4:00 p.m.	5:30 p.m.	5:30 p.m.	7:00 p.m.	Spring Woods
	Tuesday	December 13, 2022	Needville	4:00 p.m.			5:30 p.m.	7:00 p.m.	DCC
	Saturday	January 14, 2023	Northbrook				9:00 a.m.	10:30 a.m.	Spring Woods/DCC
	Friday	February 3, 2023	Cy-Creek	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Spring Woods
	Tuesday	February 7, 2023	Northbrook					7:00 p.m.	Northbrook/DCC
	Tuesday	February 10, 2023	Jersey Village	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Spring Woods

Memorial High School 2022-2023 Boys Basketball Schedule

Advanced Movers Schools	Day	Date	Opponents	Freshman A	Freshman B	Sophomore	JV	Varsity	Location
	Tuesday	December 6, 2022	Alief Taylor	5:30 p.m.	4:00 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Memorial
	Monday	December 12, 2022	F.B. Kempner	4:00 p.m.	5:30 p.m.		5:30 p.m.	7:00 p.m.	Memorial
	Wednesday	January 11, 2023	Stratford				4:00 p.m.	5:30 p.m.	DCC
	Saturday	January 14, 2023	Cy-Fair	9:00 a.m.	10:30 a.m.	9:00 a.m.	10:30 a.m.	12:00 Noon	Memorial
	Wednesday	January 18, 2023	Cy-Creek	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Memorial
	Tuesday	January 31, 2023	Jersey Village	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Memorial
	Friday	February 3, 2023	Stratford					7:00 p.m.	DCC

2022-2023 High School Girls Basketball Schedule

Northbrook High School 2022-2023 Girls Basketball Schedule

Advanced Movers School	Day	Date	Opponents	Freshman A	Freshman B	JV	Varsity	Location
	Tuesday	December 6, 2022	Waltip	4:00 p.m.		5:30 p.m.	7:00 p.m.	Northbrook
	Saturday	January 14, 2023	Spring Woods				12:00 Noon	DCC
	Wednesday	January 18, 2023	Cy-Ridge (Teacher Appreciation)	4:00 p.m.		5:30 p.m.	7:00 p.m.	Northbrook
	Tuesday	January 31, 2023	Cy-Creek(Future Raider Night)	4:00 p.m.		5:30 p.m.	7:00 p.m.	Northbrook
	Friday	February 3, 2023	Jersey Village(Senior Night)	4:00 p.m.		5:30 p.m.	7:00 p.m.	Northbrook
	Tuesday	February 7, 2023	Spring Woods			5:30 p.m.	7:00 p.m.	DCC

Stratford High School 2022-2023 Girls Basketball Schedule

Advanced Movers School	Day	Date	Opponents	Freshman A	Freshman B	JV	Varsity	Location
	Friday	December 9, 2022	Cy-Fair	4:00 p.m.		5:30 p.m.	7:00 p.m.	Stratford
	Saturday	January 7, 2023	Cy-Ridge(Feeder Pattern)	9:00 a.m.		10:30 a.m.	12 noon	Stratford
	Wednesday	January 11, 2023	Memorial				7:00 p.m.	DCC
	Saturday	January 14, 2023	Jersey Village	9:00 a.m.		10:30 a.m.	12 noon	Stratford
	Saturday	January 21, 2023	Cy-Creek	9:00 a.m.		10:30 a.m.	12 noon	Stratford
	Friday	February 3, 2023	Memorial			4:00 p.m.	5:30 p.m.	DCC

Spring Woods High School 2022-2023 Girls Basketball Schedule

Advanced Movers School	Day	Date	Opponents	Freshman A	Freshman B	JV	Varsity	Location
	Friday	December 2, 2022	Baytown Lee				5:30 p.m.	Spring Woods
	Tuesday	December 13, 2022	Cy-Ridge	4:00 p.m.		4:00 p.m.	5:30 p.m.	Spring Woods
	Wednesday	January 11, 2023	Cy-Creek	4:00 p.m.		5:30 p.m.	7:00 p.m.	Spring Woods
	Saturday	January 14, 2023	Northbrook				12 Noon	DCC
	Wednesday	January 18, 2023	Jersey Village	4:00 p.m.		5:30 p.m.	7:00 p.m.	Spring Woods
	Tuesday	January 31, 2023	Cy-Fair	4:00 p.m.		5:30 p.m.	7:00 p.m.	Spring Woods
	Tuesday	February 7, 2023	Northbrook			4:00 p.m.	5:30 p.m.	DCC

Memorial High School 2022-2023 Girls Basketball Schedule

Advanced Movers School	Day	Date	Opponents	Freshman A	Freshman B	JV	Varsity	Location
	Friday	December 9, 2022	Cy-Creek(Deer Park)	4:00 p.m.	5:30 p.m.	5:30 p.m.	7:00 p.m.	Memorial
	Saturday	January 7, 2023	Jersey Village	9:00 a.m.		10:30 a.m.	12:00 Noon	Memorial
	Wednesday	January 11, 2023	Stratford				7:00 p.m.	DCC
	Friday	January 27, 2023	Cy-Ridge/St. Agnes	4:00 p.m.	5:30 p.m.	5:30 p.m.	7:00 p.m.	Memorial
	Friday	February 3, 2023	Stratford			4:00 p.m.	5:30 p.m.	DCC
	Tuesday	February 7, 2023	Cy Fair (senior night)	4:00 p.m.		5:30 p.m.	7:00 p.m.	Memorial



DATE MOVED

*5th Grade
Track Meet*

Now on Wednesday, March 22, 2023

Original Date: Thursday, March 23, 2023





CHAMPION'S CHALLENGE

SATURDAY MARCH 25, 2023

CHAMPION'S CHALLENGE IS A COMPETITION
USING GOLF SKILL ACTIVITY STATIONS AS
TAUGHT BY THE FIRST TEE SCHOOL PROGRAM
ACTIVITIES IN HOUSTON-AREA SCHOOLS.
WE WANT EVERY ELEMENTARY SCHOOL TO
CHOOSE TWO FOURTH GRADE STUDENTS FOR
THE COMPETITION.

STUDENTS WILL BE GROUPED INTO TEAMS
WITH OFFICIAL UNIFORMS AND WALKING
SCORERS.

THEY COMPETE IN PUTTING, CHIPPING, FULL
SWING AND RUNNING ACTIVITIES, AS WELL
AS MAKE NEW FRIENDS AND MEMORIES TO
LAST. PARENTS ARE INVITED TO ATTEND AND
CHEER FOR THEIR KIDDOS AS WELL.



FEB 24



American
Heart
Association.

CLICK HERE

DECEMBER GO RED

District Wear Red Day is on Friday, February 24th!



FRIDAY, FEBRUARY 24th: Our district will **Wear RED** to raise awareness for the #1 and #5 killers- heart disease and stroke.

HOW TO ORDER: Text **DHCSRINGBRANCH** to 71777 or click [HERE](#). You will immediately receive a link to complete your \$25 donation!

DEADLINE TO ORDER: Thursday, January 26th

The campus with the most donations and the campus with the most blood pressure checks will receive a special **SHOUTOUT** and snacks for the breakroom!!

[Click here to see how your campus and district stack up against others, employee incentives, and for more health resources!](#)





DECEMBER WELLNESS CHALLENGE

This month, we encourage you to **BE WELL** and **STRESS LESS!**

Regular physical activity, such as brisk walking, can improve your quality of life and relieve stress, tension, anxiety, and depression.

CHALLENGE: Commit to walking outside every day this month for 15 minutes, then challenge friends and family to do the same!

TRY THESE STRESS-BUSTERS!

Fight stress by focusing on your physical and mental health.



Get out of the house:

Take a walk in nature and enjoy the sights and sounds.



Sleep tight:

Set a regular bedtime/wakeup routine and turn off all electronics as bedtime approaches.



Use your network:

Reach out and connect regularly with friends and family.



Put your mind to it:

Explore mindfulness to focus your attention on present experiences without interpretation or judgement.



Lean on a furry friend:

Pets may help reduce physiological reactions to stress.



Work it out:

Regular physical activity can relieve tension, anxiety and depression.

Stress happens, especially these days. While you may feel too busy to de-stress – you can decide to take back your “me time,” one moment at a time.

Negative psychological health / mental health is associated with an increased risk of heart disease and stroke. But **positive psychological health is associated with a lower risk of heart disease and death.**

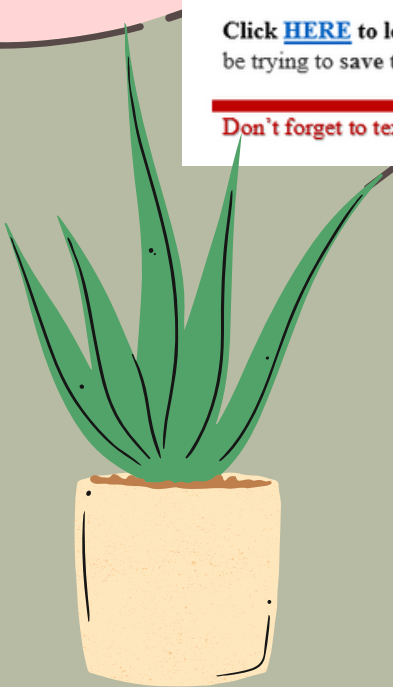
Check out the AHA's [Healthy for Good](#)

[infographics](#) for more health tips and information.

Visit www.heart.org/educationalresources for additional online resources for employee wellness, resources to use in your classrooms, and parent newsletters!

Click [HERE](#) to learn lifesaving Hands-Only CPR. If you are called on to give CPR in an emergency, you will likely be trying to save the life of someone you love: a child, a spouse, a parent, or a friend.

Don't forget to text **DHCSRINGBRANCH** to 51555 to be entered in for the AHA's monthly giveaways!





Teacher Resources

Click on the images below for more information!

Weekly Elementary Lesson Plans (K-8)

Grades K - 2 Lesson Plan

Introductory
Crossing the River

Fitness
Circuit Training

Lesson Focus
Fundamental Skills
Using Long Jump
Ropes

Closing
Aviator

[View K - 2 Lesson Plan](#)

Grades 3 - 4 Lesson Plan

Introductory
Group Tag

Fitness
Walk, Trot, and Jog

Lesson Focus
Long-Rope - Jumping
Skills

Closing
Fly Trap; Trades;
Fox Hunt

[View 3 - 4 Lesson Plan](#)

Grades 5 - 8 Lesson Plan

Introductory
Stretching

Fitness
Stretching

Lesson Focus
Orienteering Skills
and Activities

Closing
Scavenger Hunt;
School Ground
Orienteering

[View 5 - 8 Lesson Plan](#)

Featured Elementary Resource

Grade 3-4: Long Rope: Jumping Skills



[View Lesson](#)

[View Assessment](#)

Featured Secondary Unit (7-12)



Handball - 2-Week Unit

Unit Lessons Include:

- Passing Skills
- Passing Skills and Goal Shooting
- Over and Under Ball Relay
- Task Sheet Skill Review
- Three Bounces, Three Steps, and No Contact

[View All Units](#)

[View Handball Unit](#)