

Jump Rope for Heart Family Letter, Week 3

Hello OCRS Families,

As we enter our final week of this year's Jump Rope for Heart fundraiser, I'd like to extend a thank you for all who have donated to support the American Heart Association and our PE program. As of now, a total of \$1393.52 has been raised!!

In classes this week students practiced jumping cooperatively using a Long Jump Rope and were reinforced regarding the importance of following routines when working together. Students were taught to chant together, "One is out, two is in, three is up and over." By chanting the routine AT THE SAME TIME students learned to sync their efforts in order to be successful together. Students were challenged to think of times outside of PE when they had to work together with others, or could identify others who were working together.

In Health, grade 4 and 5 students were challenged to put together a day of meals using 12 food cards. The lesson includes two sets of cards which have different preparations on matching letters; see the baked potato in one set and the french fries on the other, both labeled Card A. This allows students to compare how various food preparations influence the calorie and nutrient amounts given the same starting food item and how that results in very different calorie and nutrient amounts over the course of a day.

Students chose Breakfast items, a Snack, Lunch items, an Afternoon snack, a Dinner, and a Desert. Students were instructed to choose their meals without looking at calorie amounts, then return and calculate their calorie intake for the day. Many found that choosing foods from Bag 1 made it easy to come close to the target of about 2,000 calories and when choosing foods from Bag 2, more often than not students exceeded 3,000 calories. We discussed the relationship between processing and nutrient reduction as well, how processed foods typically have less nutrients and more calories, and how foods closer to their natural state have an inverse relationship. Check out the lesson page [here](#).

Stay well,
Mr. Gruczka