



## Physical Education Corner



\*In Physical Education class, students may help themselves to a drink anytime there is music playing or they are playing/participating in an activity. (This works out to 35-40 minutes out of 45 in an average class.) They may not help themselves if I call them in for directions or it is time to leave the gym. The reason I mention this is they have many, many opportunities to hydrate and if they say differently upon their return please remind them of all their opportunities when in P.E.

\*Students may use the restroom anytime there is music playing or they are participating in an activity as long as they ask me first (I need to know when they leave the gym).

We have just covered **2 health topics** in 1st through 5th grades!  
"Brushing Teeth" and "The Stink Talk"

Below is the information we have discussed:

### **Brushing Teeth\*\*\*** - 1st - 5<sup>th</sup> Grades

When: 1. After breakfast\*\*

\*\*so if you eat breakfast at Laredo, you need to pack a toothbrush and toothpaste in your backpack, when you are done eating, go brush in the bathroom and place your toothbrush and toothpaste back into your backpack to take home each night to brush with again!

2. Before bed or after the last thing you eat at night
3. If you have braces, brush after lunch too, this is a must
4. Floss and mouthwash are extras that are great for your teeth and your breath
5. There is even some rinse you can use before you brush to stain where you need to brush more so you can see it and brush there better

\*\*\*1st graders might need help from an adult to maneuver that brush and that is OK!

## **You Smell Really Bad! or “The Stink Talk”** - 3rd - 5th Grades only

Everyone smells bad, even Mr. O'Keefe, even Mrs. Hepburn, even your mom!

Ways to fight against the stink:

1. Wear deodorant/anti-perspirant every day (sometimes more)
2. Take a shower/bath\*\* every day (sometimes more), **and**
3. wash your hair 2-3 times week during this shower/bath  
\*\*This means, turn on the water, get under the water, rub soap all over your body, especially your armpits, rinse off the soap and dry
4. Wash your clothes, put them in the laundry each day after you get ready for bed and don't wear them again until they have been washed (if you have any doubts that they smell, after you get out of the shower, pick up the clothes you took off and give them a sniff, I guarantee you will want them washed before you wear them again).
5. Brush your teeth, see above!

There are more topics to come, so stay tuned!

Mrs. Hepburn - Laredo K-5 Physical Education Teacher