

Dear Fricano Families,

As our time apart continues to grow we hope we can stay connected. If you have not had a chance yet please visit the Fricano Physical Education web page. There are two ways to access the page from the Starpoint CSD website.

1. On the website select Fricano Primary School and scroll all the way to the bottom to the quick links and click on Physical Education.
2. On the website select Fricano Primary School, click on Teacher pages at the top and then select Physical Education- Mrs. Allman & Mr. Caputi

The website is full of resources to help cope with stress, improve your physical health and ways for families to connect with us through google drive and email. We understand that the current situation we are all in is difficult at best. We also wanted you all to know that the Fricano Physical Education Department is here to help in any way we can. Below is an overview of some of the information you can access on our website.

New to the website is a tab labeled: **Backyard Games with Mr. Caputi-** This is a series of videos that show how to make your own games like corn hole, kan jam and others. Additionally we have a special guest appearance video from Mr. Chase that shows the kids how to create an obstacle course at home on those rainy days.

**Drop Everything and Move Tab-** This tab is new and will comprise a majority of our Continuity of Learning. Look for weekly fitness challenges from Mrs. Allman, an April bingo board, links to websites your children are familiar with from school like Go Noodle and Cosmic Kids Yoga. There is a link to a kids bop dance party and a way to log your daily steps while virtually walking from state capitol to state capitol. In the coming weeks it

will include at home lessons from Mr. Caputi and much more. So check back often.

**Physical Health Tab-** Includes information about healthy food choices and a healthy food challenge to eat a rainbow. If you complete the challenge share your completed worksheet with Mrs. Allman and you will receive a certificate. To edit the worksheet make a copy of it and it will save in your drive. Additionally we have added a certificate for any kids that can tie their shoes.

**Mental Health Tab-** Includes information about Stress and Coping with the current pandemic.

**Social Health Tab-** This is the way for Fricano Families to stay connected with us because we miss you all so much and look forward to playing together in the gym very soon. This is your chance to send us a message. You can include a picture of a way your family moved or let us know which links you like on the website. E-mail us or create a google doc and share it with our address and one of us will message you back as soon as possible!

Mrs. Allman- [KAllman@Starpointcsd.org](mailto:KAllman@Starpointcsd.org) Mr. Caputi-  
[KCaputi@Starpointcsd.org](mailto:KCaputi@Starpointcsd.org)

Here's to good Health in the coming weeks,

Mrs. Allman & Mr. Caputi

*The measure of who we are is what we do  
with what we have." -Vince Lombardi*

