S.T.A.R. Wishes

March Newsletter

JFK has been running the S.T.A.R.S. program since October. I am very pleased to report how successful it has been. So far we have completed units in bowling, kicking skills, lead up soccer activities, parachute games, fitness stations, and Jump Rope for Heart jumping stations. We are currently completing a unit on throwing, while we impatiently wait to go outside for physical education class. As soon as the snow melts we will be moving our physical education classes outside. Our units will then focus on safe use of the playground equipment, and team games in the field.

One area of physical education class we spent a great deal of time on is our warm up. Kindergarten started with their own set of warm up exercises in September. We have been slowly taking those exercises out and replacing them with exercises that grades 1 thru 5 complete for their warm up. Our fourth grade students have been a big help while assisting the kindergarten students with these new and challenging exercises. Our kindergarten students have improved with strength and coordination and are starting to look like almost first graders.

The most rewarding part of running the S.T.A.R.S. program for me has been watching the friendships develop between the kindergarten and fourth grade students. Back in September, I gave the students some time on the playground and watched to see natural groups forming. I kept notes that used that to develop which students would be buddies. Without the students even knowing it they developed their own groups. Again, if you have any questions for me about the program, don’t hesitate to send me an email at kcorreias@wayneschools.com.

Thank you for your continued support,
Kat Correia
JFK-S.T.A.R.S Coordinator