

Special Area News

February 2017

The special area team started the new semester off with Career Week. Career Week is when individuals from the community come to the school and speak with students about their professions and the academic preparedness necessary to obtain a job in that profession. The following individuals visited the Oak Ridge during Career Week: Jamey Shoupe (Famu's Baseball Coach), Casanova Nurse (WTVL Meteorologist), and the City of Tallahassee Electric and Sewer Department and Fire Department.

The week of January 16, 2017 PE classes reviewed their pre-test scores to be able to recognize and describe how to set goals to improve their performance and prepare to take the post-test. As soon as the post-tests are complete the students will be participating again in Champions each time they attend physical education. The Champions program is a prevention program driven health and wellness program delivered to a population of students in grades K-8. The Champions work-outs will basically be used as class warm-ups and regular physical education instruction will follow. Also, Champions does a pre and post test to measure the body mass index of all student. The data is used to measure the obesity and physical activity rate of the students. According to the data at this time, Oak Ridge is one of the top ranked south side schools. To keep this ranking and to improve I would like for all students to do the following exercise activities as physical education practice homework at least three time a week:

- Do as many sit ups as you can in one minute. (**Abdominal Muscular Strength and Endurance**)
- Sit on the floor with legs straddled and stretch (without bouncing) to your right, left, and forward. Or do any exercise using flexibility. (**Flexibility**)
- Do pus- ups or hand stands. If you have a playground where you live cross the monkey bars or use the pull up bars. Do any exercise to improve the strength in your upper-arms (**Muscular Strength and endurance**)
- Practice the standing broad jump. (**Muscular strength**)
- Walk or run for 10-20 minutes per day. (**Cardiovascular Endurance**)

New/Up and Coming Activities

- Please look for information on an Exercising Eagles Club for students.
- March 10- Field Day

PE

Mrs. Gennie

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Art

Mr. Gurry

Oak Ridge Elementary art students are gearing up for the 2017 Youth Art Month (YAM). Student's artwork will be on display throughout the month of March at the Leroy Collins Leon County Public Library. Details about the event will be sent home when we get closer to opening night. Hope to see you there!

Guidance

Ms. Holland

Oak Ridge Elementary welcomes the Kindness Adventure

Thursday, February 9th 1:30-2:15

The **Kindness Adventure** is a K-5 school assembly program that inspires kids to be kind hearted and open minded by exploring different cultures. The Kindness Adventure assembly supports our initiatives for developing a positive and caring school climate. Its proactive approach aims to prevent many forms of mistreatment, including bullying, by showcasing the sense of satisfaction that takes place when a child chooses to show **kindness, respect** and **acceptance**.

Media

Mrs. Satchell

- WOAK: 5th Graders have been working on the school's daily broadcasting of the news. Students get the opportunity to work as anchors, camera, video, and audio technicians. We are now on the final rotation of 5th Grade students.
- Students from the 4th Grade will begin training during the final Nine Weeks in preparation for taking over at the beginning of the 2017-2018 School year.
- Sales for the 2016-2017 Oak Ridge Elementary School Yearbook will begin soon.
- 2017 Literacy Week was celebrated during the week of January 23-27. Oak Ridge participated in several activities, including the annual literacy parade.

Music

Mr. White

- The Strings Ensemble and Jr. Soaring Singers (K - 2) performed a Winter Recital at January's PTO Meeting
- The 3rd and 5th Grade students are preparing for this year's Black History Month Musical, "I'm Gonna Let It Shine: A Gathering of Voices for Freedom". The students will be performing at the PTO meeting on February 16th at 6:00 pm.
- 4th Grade students have begun preparing for their district-wide Link Up Concert in conjunction with FSU. The date has not yet been set, but this concert will be held later this semester.