

# Smokey Row Elementary PTO

## Notes from "Nurse Gwen," R.N., BA

*Mrs. Gwen Knipstein, RN., B.A., School Nurse*

**Welcome back to school students and parents!**

**We hope you had a “fun, family- filled” summer!**

Each of our Elementary Schools is forming a **Wellness Committee** which will target staff and student health/wellness. Smoky Row has started the process of planning for fun activities this school year.

Your child’s “kick off gift” received last Friday 8/24 is just the start of our effort to emphasize the values of exercise and good food choices including proper portion size.

Today, Friday 8/31, we started “**A Jammin’ Minute**” exercise at the start of the day. All students and staff exercised at the same time during the morning announcements. Each week we will have new 1 minute exercises with new health tips. It is hoped that this will help lead to a lifetime of health and fitness for your child!