Movement plays a big role each day at Lafayette. We move through our building when we go to specials, the library or lunch. As we move through the school you may hear your child tell you we use SQL’s. This is our abbreviation for straight, quiet, lines. And why do we use straight, quiet, lines? Because it is a kind and responsible thing to do. We do not want to make noise that can interfere with learning that is going on in another classroom. And if we are really good at an SQL we just might get a Golden L.

In physical education, movement is part of each and every class period. Every class starts with a warm-up or moving in the gym. Warming up those muscles is necessary before the hard fun can begin. Younger students work a lot with movement. Learning to skip and gallop and move through space side to side are big skills to master. Moving around cones, through hula hoops and over obstacles allows young children to work with their bodies in space. Later on specific movements are taught related to sports such as throwing and catching. Physical education is the high point of many a child’s week.

Out on the playground there is lots of movement at recess. Grades 1-5 are all on the lower level baseball fields for part of recess time and then spend the rest on one of the two playground areas. Kindergarten heads into the park so they can move around together at that play area and pre-kindergarten uses the equipment next to the building. If you are ever here between 12 and 1 it seems like everyone is moving at the same time. Even the teachers on recess duty use the time to walk and get in a bit of quick exercise.

Last year we had a Run Across America program. Students in various grades ran around the track collecting Popsicle sticks for each lap. Mr. Thurston and Ms. Shapiro totaled up the laps and charted the distance on a large map in the Great Hall. We made it to California and started heading up the Pacific Coast Highway. We are getting ready to start that program again. All students are invited to participate.

After school we still keep on moving. Today is the Lafayette Cross Country meet. Ms. Paul, this year’s coach, will take over 40 students to Colmar Manor Park for their first races. Mr. Thurston will be there too, setting up the course. Runners from all over the city attend since the races also include middle and high schools. It is great fun to see many of our graduates again as they run for Deal, Wilson or School Without Walls. Lafayette always does very well at this meet and the ones that follow until the end of October.

This fall Ms. McClure challenged the staff to get up and get moving. Over 50 of us took her up. So soon we will all be wearing Movbands, some kind of accelerometer that will measure our movements during the school day. She has plans to put us in teams so we can compete with each other. We have done walking challenges in the past but this is the first one like this. So if we look like we are wearing some new style weird watch, it is only our Movband and we won’t be able to stop and chat. We’re moving.

One of my basic beliefs is that elementary schools should be centered on the whole child and what is necessary for growth and development. At this weeks’ HSA meeting Thursday our counselors are going to be doing a presentation on their work with your children in the area of social and emotional development. Sounds are emanating from the music room each day as your children learn about Mr. Holmes and his musical talents. And we already have art work on display from Ms. McLaughlin and Ms. Perll. But today many of us will be moving. Whether running and chasing each other on the field, burning up a cross country course or just trying to add to our Movband count, we move a lot at Lafayette. It’s one of our most fun things to do.