

This week we take to the great outdoors as we celebrate two separate Field Days. On Wednesday, our pre-K and kindergarten boys and girls will spend the morning running around the playground going from station to station exploring movement and their bodies. For this school year they have been having a weekly period with Ms. Perll learning how to run, skip, gallop and jump. They have been playing with all kinds of balls. Now that the weather is good, you can find her classes out on the field playing with a parachute. So they have lots of new skills they have learned this year that will be on display during Field Day. As in the past we will have lots of helpers from the 5th grade who come down each year and give the little ones a hand as they try our new activities. And of course we always have a large group of parent volunteers and observers standing by ready to jump in where needed.

Then on Friday grades 1-5 will be taking their turn to hit the field. The theme this year is iFit. All morning they have their stations to visit, each class divided up in groups of 4. At each station they will be picking up an App to stick on their 'iPads'. After lunch and a short rest we head back outside for the relay races, tug-of-wars and the water balloon toss. It is quite a sight to see over 500 of us out on the wall cheering each other on to victory. Classes have been planning for this day for weeks. Just deciding what the class t-shirts should look like is a real production. Reading the class names your children come up with is a real hoot. Informal tryouts have been taking place at lunch as the 4th and 5th grades try to identify their fastest racers. Field Day is a big deal at Lafayette.

I was very privileged to attend a ceremony a few years ago when Margie McClure was recognized as a finalist for DC Teacher of the Year. As she started her comments that evening to the School Board members she recognized that being a physical education teacher made her a long shot for the award. Most of these awards go to classroom teachers who teach in core curriculum areas. But she then went on to describe the need for physical fitness in children and her desire to instill in her students the love of movement and activity in a non-competitive, non-threatening atmosphere. After all, your brain is carried around in your body. Shouldn't we be doing all we can to make sure that our bodies are healthy, active, and move efficiently?

So this week we take out some time to celebrate what we can do with our bodies. Everyone finds fun things to do on Field Day. There are some very competitive moments in the day, but most activities can be done by all. We are very proud of the academic achievement of our students here at Lafayette. The last few weeks have seen many boys and girls recognized for their outstanding writing skills. We have more recognition ceremonies coming up. But this week we will be running, jumping, throwing and pulling as we celebrate our achievements in the area of physical education. Stop by if you can. We still need volunteers. You will have a blast.