



Family Math Night

Putnam Valley Elementary School

Friday, March 27th

6:30 - 10:00 PM

The Putnam Valley Elementary School teachers will hold an exciting event called Family Math Night. Students, parents, siblings, and other relatives are invited to attend a fun-filled evening of mathematical pleasure. We encourage you to continue to support your student's mathematical growth through your participation in Family Math Night. There will be a variety of resources available and many hands on activities that you can explore with the children. Come and see how we use technology to make math fun! There will be games, puzzles, and so much more!

FREE ADMISSION!

March

PVES FITNESS CALENDAR – Let's Get Fit!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Dribble a basketball while in the push-up position. Switch hands every 5 dribbles!	2 Jump into each room of your house with a ball between your ankles!	3 Find the word " <u>Invert</u> " in the dictionary. Safely practice at least one inverted balance.	4 Add 4 to 44, then subtract 30. Do this many sit-ups!	5 Carefully walk your feet up a wall and hold a handstand for 10 seconds.	6 Do 50 crab kicks during each commercial of your favorite television show!	7 Do a push-up for each letter in the words <u>MILK</u> and <u>CALCIUM</u> _____ PUs
8 Jog around a track or your house for 2 minutes and 30 seconds. Sprint the last 30 seconds	9 Add your weight in pounds _____ to your height in inches _____. Do this many high jumps!	10 Using a racket or bat, what is your record for most times bouncing a ball in the air?	11 Jog in place for an entire song that is on the radio. Easy? Do jumping jacks for song 2	12 Do 1 sit-up and 1 push up for each letter in the name of your town <i>and</i> state.	13 Feel your heart beating. Now do 50 punches in the air as fast as you can. How fast can you make it beat? _____	14 Can you balance on one foot while reading a page from a book? _____ Read page 2 on the other.
15 Walk from room to room while balancing an object like a book on your head!	16 Ask a parent to go for a bike ride or to take a walk. How long did you walk? _____ min	17 Get 2 more people. Can you each toss a ball in the air and catch a different one each time?	18 Pick a spot near a target. How many times can you kick a ball to a net or target from a spot in 2 minutes	19 Practice throwing and catching with a partner while both of you are moving?	20 Find a line or place tape on the ground and try doing cartwheels with hands and feet on the line	21 Who in your family can do the most crab slaps in 60 seconds?
22 Get help totaling the calories in a snack you ate. Do that many jumping jacks.	23 What is your 45 second sit-up record? <i>Try #1</i> _____ 10 min. rest <i>Try #2</i> _____	24 How many times can you jump rope without stopping!	25 Try making a pyramid with at least 3 people. How about a walking pyramid? Take a picture of it!	26 Do 15 Superman Exercises. Lie on your stomach with arms overhead. Lift arms and legs at the same time.	27 Play 1vs.1 kickball with someone. Try to circle the bases before the fielder tags home plate	28 How fast can you hop from room to room with a penny on one foot? _____ Can anyone beat it?
29 What number David Wright of the NY Mets? Do this many sit-ups.	30 Pick your favorite sport or physical activity and play for at least a half hour. Get sweaty!	31 Try a 3 person push-up!				



2009

Name: _____

Parent Signature: _____



Putnam Valley High School Music Department
Proudly Presents Its Annual...

GREAT WORKS CONCERT

FEATURING SELECTED WORKS OF:

AMERICAN MUSIC

Performed by the
Putnam Valley High School
Wind Ensemble and Choruses
with guest appearance by
Putnam Valley Elementary School Select Chorus

PUTNAM VALLEY HIGH SCHOOL
PERFORMING ARTS CENTER

7PM - TUESDAY, MARCH 3, 2009

Admission is FREE

This concert is part of our school's
"March is Music in Our Schools Month" series