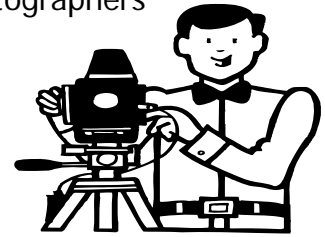


P U T N A M V A L L E Y S C H O O L P I C T U R E S



Tuesday, October 7, 2008

Putnam Valley PTA is pleased to announce that Irvin Simon Photographers will be photographing the Elementary School students on Tuesday, **October 7th** and will be providing every child with a class picture at no charge.



It is extremely important that your picture envelope be completely filled out, including Package #, Background Color, student name, grade and phone number. Exact cash or check for the full amount must be included. **Checks are to be made payable to *Irvin Simon Photographers*.**

Please return the picture envelope NO LATER THAN Friday, Oct 3rd. Picture retakes will be **November 18th**. Complete picture package must be returned or picture will not be retaken.

Picture envelopes are also available in Spanish, located in school main office.

Questions? Please contact Irvin Simon Photographers @ (516) 437-4700 or Julie Sirico at ANJ926@aol.com



If you are able to volunteer on picture day or re-take day at the Elementary School, please fill out this form and return it to school with your child:

Name: _____

Phone: _____ Email: _____

Child/Grade: _____

Time Available: AM PM All day

Date Available: October 7th November 18th Both

Please note: We do not know class schedule until picture day.

October

PVES FITNESS CALENDAR – Let's Get Fit!

Sun
Complete at least 4 activities per week.
Circle the dates that you do!



5
Chores can be great exercise! Sweep your entire home today. You are helping out and staying in shape!

12
Create an indoor golf course and challenge someone to play. Use cups, balls, brooms or anything else that you think will work!

19
Throw and catch a ball off the wall 19 times. Now, how many can you do without a drop?

26
Try bowling at home today. You'll need 10 bottles filled with a little sand or rice and a playground ball. Challenge someone to a match!

Mon
6
Shadow dribble with a partner. Use your feet like soccer or hands like basketball. Can you stay close for 30 seconds? _____

13
What sport does Tiger Woods play? _____
Pick an animal walk and challenge someone to a race.

20
Go to the high school track or find a safe place to run. How long can you run without stopping? _____ min

27
Do 27 sit-ups then 27 ABC push-ups. Take breaks if you need to. How many exercises did you do in all? _____

Tue
7
Parents: Please sign the bottom of the calendar when finished. Then hand in to the P.E Dept.
Jog around your home or a track and do 7 push-ups each time you get back to start. How many laps can you do it? _____

14
Practice 14 cartwheels, 7 on the left side, and 7 on the right side. Find a safe area!

21
Find a heavy book and lift it up over your head 21 times. Could you do it? _____

28
Jog in place for 30 seconds each time a commercial comes on the TV if you watch it today! _____ seconds

Wed
1
Jog one lap around your home for every year old that you are. How many laps did you do? _____
Can your parent do this too? _____

8
Add the numbers in your zip code _____
Do this many push-ups or wall push-ups.

15
Who was the first president of the United States? _____
Do 1 sit-up for each letter in his name.

22
Get in the crab position and walk into every room in your home. Do not go down stairs! How many rooms? _____

29
What is the number on Eli Manning's jersey? ____ Do that many push-ups.

Thu
2
Run up at least 4 sets of stairs. How many stairs did you step on? _____ steps.

9
Tap the top of a ball with one foot while the other is on the ground, switch to tap with the other. Can you go for 2 minutes?

16
Do at least 3 special acts of kindness to different people at school. How many did you do? _____

23
On the back, write down 23 things your family can do to improve their health!

30
How long does it take you to jump rope 100 times? _____ seconds. Can someone in your family beat that? _____

Fri
3
Find a safe place to throw at a target. How many throws does it take to hit 5 in a row? _____. Try farther away

10
Teach your family an activity you learned in P.E. this year!

17
Find something safe to jump over. Do 17 of your highest jumps over it!

24
Jump a real or imaginary rope 10 times your age. How many did you do? _____

31
Dance to the Monster Mash or any other song today!

Sat
4
Create a frisbee (disc) golf course outside. Choose safe targets and challenge someone to play! Lowest score wins!

11
Name your favorite physical activity to do _____
Go practice it!

18
Do you know your address and phone number? Do 40 ABC push-ups if you do, 60 if you don't. Find this out!

25
Go on a walk with your family that is at least 25 minutes long! How long was it? _____ min



2008

Name: _____

Parent Signature: _____

Sports Jam

The perfect after school program for a child full of energy!. Kids will get the opportunity to run around and play some of there favorite sport games such as

Soccer
Flag football
Wiffle ball
Kickball

All combined into one program!

Location– Town Park (small field next to entrance)

Day– Wednesday Oct 1st– Nov 5th

Or

Thursday Oct 2nd– Nov 6th
(your choice, or choose both)

Time– 3:45– 5:30

Fee– \$60 one day

\$ 100 both days

Creative Kids

Former Art teacher Esther Mchenry, will provide a fun and relaxed environment for your child to explore his/her creative abilities. Children will get the opportunity to paint, draw, and craft fun projects to bring home.

Location: Elementary School

Day/ Time: Monday 3:45– 4:45 (K-3)

Tuesday 3:45– 4:45 (4-6)

Date: Sept 29th– Nov 2nd (K-3)

Sept 30th– Nov 3rd (4-6)

Fee: \$60

Interested in starting your own after school program? Give us a call and let us know (845) 526– 3292

Sign up for these programs at the Parks and Recreation office.

Programs

Music in Movement, Instructed by Theresa Orlando

This class will give young children the opportunity to experience creativity in a structured setting. Children will experience activities in the areas of music, movement and crafts. They will share the joys of independence and lots of fun!

Location– Lake Peekskill Community Center

Day– Monday

Starting Date:October 6th– November 17th, 6 sessions (not including Columbus Day)

Time– 9:30– 10:15 (2 and 3 year olds)

12:15– 1:00 (2 and 3 year olds)

1:15– 2:00 (4 and 5 year olds)

Fee: \$60

Boys & Girls

Lacrosse Clinics

Coach Drew Wendol comes with over 20 years of lacrosse & other athletic experience. He is the former athletic director & current varsity lacrosse coach at Hastings high school. He played at Cortland College, where he ended his career ranked 4th on the all time goal scoring list, & 14th on the all time scoring chart.

Come learn the game of lacrosse and/or better your game. Be part of the fastest growing sport and advance your game to next level.

Sundays, Sept 28th– Nov 9th

(Excluding October 12th & 18th)

Putnam Valley Town Park Pavilion Field

10:00 am– 12pm

**Fee: \$125(5 session special)
Or \$30 per session
(Lacrosse stick only limited loaners available)**

Girls Only Basketball

Girls only hoops is a fun-filled event for **3rd– 5th** grade girls who want to develop their basketball skills in a comfortable setting. Ten week program runs **Saturday's at 4:00pm @ the Putnam Valley Elementary School gym.**
Fee: \$75,(which includes refs, instruction, trophies and uniform shirts)

Co-ed Basketball

Ages (4-5)- *This eight week co-ed program teaches children the basic motor skills necessary to play organized basketball while they spend quality time with their coaches & parents. Begins December 13th, from 12– 1:00pm at the Putnam valley Elementary school.* **Fee:- \$60**

Grades (1-2) *PV Elementary School, December 6th through February. Scores are not kept and the intent is to learn the game and just have fun!* **Fee- \$75**

Grades (3-4) - *Putnam Valley Middle School beginning December 6th on Saturday afternoons between 1:00 and 5:00 pm through the end of February. One weekday practice is mandatory for all participants.*

Fee- \$90

(Grades 5-6)- *Compete in a league where scores & standings determine playoff seeds. Games are played Saturday mornings between 11:00 am to 1:00pm beginning December 6th through mid March at the PV High School. One weeknight practice is mandatory.*

Fee- \$90

(Grades 7-9)- *Scores and standings determine playoff seeds, and this league just keeps getting stronger than ever. Saturday mornings 9:00 or 10:00 am, beginning December 6th through mid March at the PV High School. One weeknight practice is mandatory.*

Fee- \$90

(Grades 10-12) *Competitive Rec. league to allow teenagers to get a seriously good hoops run in. 9th graders who qualify can also join. Games are played at the PV High School on Wed/Thurs nights beginning December 3rd through Mid March. One week night practice is mandatory, unless J.V or varsity games conflict. Team shirts and trophies are included*

Fee- \$90



Putnam Valley Pack 53 Coat Drive

September 26th thru October 17th
we will be collecting coats to be
given to Grace Methodist Church to
be distributed through out the area to
those in need. So if you have a coat
or jacket you no longer wear please
bring it to the PVES Main Lobby
and drop them in the

Pack 53 Coat Drive Box.

Thank you for your support!!!

For further information contact Dave and Sabrina Uchetel by email at
pywolfden6@verizon.net