

The Wellness Times



Fred C. Underhill School
Hooksett, NH
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Why did the golfer
bring an extra pair of
pants?

'Ha
Ha!'

'Ha
Ha!'

In case he got a
hole in one!



Fruit of the Month



On May 3rd the First and Second Grade students tried Mandarin Oranges. It was a huge hit! This sweet tasting, small fruit has a thin skin so it's easy for little hands to peel. And it's high in Vitamin C and Antioxidants – So it's good for you too!



May is
Physical Fitness
Month!!!



Mrs. Kathy Jenkins has been teaching at Underhill School for many years. Although she teaches IN the Gym, she doesn't "teach gym". She teaches physical education.

We talked to her about that and here is what we learned:

Elise: How did you become a physical education teacher?

Mrs. J: I started off thinking I would be a history teacher but then I realized how much I liked being active. I also love science and health and there is a lot of science in physical education.

Hannah: How long have you been a physical education teacher?

Mrs. J: About 35 years.

Samantha: How do you make exercising fun?

Mrs. J: You can play games, you can use pedometers to track your exercise; all of that makes it a lot more fun.

Violet: How do you come up with your ideas for games?

Mrs. J: I learned a lot in school. But I go to conferences and look at online resources to come up with new ideas all the time.

Addison: What is your favorite sport?

Mrs. J: That's easy – basketball! It's my sport. I played all through high school and college.

Emily: What other things do you do besides being a teacher?

Mrs. J: I love being a mom, I enjoy reading, hiking and spending time with family and friends.

Emma: What do you like about your job?

Mrs. J: I love working with kids. You all help keep me feeling young with your enthusiasm and excitement!

