



## **WELCOME BACK!!!**

I am Ms. Benbow, aka, Ms. Angela or Ms B. I am so excited for this School Year 2025-2026. I hope your summer went well. Did you exercise? Did you drink a lot of water to stay hydrated? Did you have FUN moving? Let's keep it going.

**Prince Hall Elementary - Health and Physical Education Department** is a very interactive setting. My goal for every student is to try, try, try, your hardest and learn the concept/skill. In the gym we focus on Health and Physical Wellness: running, jumping, and trying new activities. Our students are exposed to the standard basketball, soccer, and volleyball. However, they will be exposed to tennis, lacrosse and rugby. Certain classes are inclusive and students will be paired with a mentee to assist them during the lesson and self growth. We teach leadership and help others to help themselves. I'm asking you to come to class with a mindset of trying new things that will help you GROW.

### **2025-2026 Theme: Is "Self Love is Self Wellness"**

In this Specialist Class the focus is on "Self Love". This is a trying time for our children and I believe if we can build the inner self, with knowledge, nutrition, physical exercise and Self Love, we can make a well rounded student, ready to take on this crazy world.. Remember you are your best cheerleader – Did you HUG yourself today?

#### **Grades:**

Regarding grades: The Health and Physical Education Department is a bit different. , At the beginning of every marking period each student will reset to a grade of "A". This puts the focus on the student to KEEP his/her grade up by performing what is required per class period. The 5 ways to keep the "A" grade is: 1. Dress for every class (skirts w/short, pants and school shirts), 2. Wear sneakers/gym shoes EVERY class period (bringing them in a book bag is okay as long as they put them on before class starts.) 3. Must stay focused: (following gym rules, no talking & excess playing, passing skill test). 4. Participate in all activities. Finally, 5. . have a positive Attitude, Good Sportsmanship, and always TRY everything.

See you soon.

Angela M. Benbow

Health and Physical Education Specialist