

JANUARY 2022 NIS GYM NEWS



January was fun with children participating in cold weather activities during gym.

Children “ice skated” in the gym using blue surgical booties as skates. We skated to classical as well as contemporary music. Frozen, “Let it go” was a favorite song. We skated frontwards, backwards, and did spins! Tons of fun!

Pretending to be penguins sliding down a ramp on our bellies was also a hit.

We had snowball fights, made a snowstorm with snowballs and the parachute, and made snow angels.

In the first week in March, we are going to have our first Winter Olympics!

We are practicing to participate in our version of the games.

Curling, decathlon, skating and javelin thrower, bobsledding, figure skating, and slalom (skiing down a path) are some of the events planned and being developed.

Consider talking about the Olympics and having your child watch it sometimes.

Each class will be making their own flags and/or race bibs for the event.

Everyone is a winner with medals and pictures on the podium.

So looking forward to a super month ahead!