

WRANGLER NEWS



Staying Active in the Winter Months

Many students and parents find it difficult to stay active during the cold winter months, but it doesn't have to be that way. It is true that shorter days and colder temperatures limit our choices of exercise, however, there are still some things we can do to stay active.

In PE at W.S. Ryan, we teach the students exercises and stretches that can be done indoors in limited space. All of our PE students have been taught a simple conditioning routine including: Pushups, Sit-ups, Mountain Climbers, High Knees, Jumping Jacks, Burpees, and Tuck Jumps to name just a few. Dynamic stretching is a way to keep the muscles and joints flexible. Some of our stretches are Knee Hugs, Quad Stretch, Straight Leg March, Trunk Twist and Arm Circles.

If you can't get outside because of cold or rainy weather, you can still stay active. All of our PE students at Ryan know simple routines to do at home, so there are no excuses! Come on Ryan Wranglers, let's get moving!!!

Denton ISD Prize Patrol stopped by WS Ryan again this year to award Mrs. Henderson and Coach Hawkins with grants that totaled over \$1,400.00! Congratulations are in order for these teachers! A special Thank You to DISD Educational foundation, for rewarding teachers who take initiative towards enhancing student learning.

Wrangler Road House has proven to be a huge success thus far this year!! Come and eat with your Fourth Grade team this week on Tuesday December 17th from 5:00-8:00!

REMINDERS:

- Dec 16 Orchestra Concert 6:00pm
- Dec 17 Wrangler Road House Night
- Dec 18 Choir Concert 6:00pm
- Dec 20 Class parties
- Dec 20 Reindeer Games/Reading celebration
- Dec 23—Jan 6 School Holiday



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Congratulations to One of our Own!

Our first grade team has been chosen and awarded a Target Field Trip Grant to take the entire grade level to Casa Manana to see a live theater production of the story *Pinkalicious*. A special thanks goes out to Mrs. Denise Sanchez for writing this grant! This field trip will take place in February after the grade level completes an author study of the *Pinkalicious* book series. Another thank you goes to PTA for fulfilling the request earlier in the year for the Author study books! Our first graders will be blessed with these wonderful educational opportunities!

Class Christmas Parties will be held

December 20th at the following times:

Kinder—First 8:45—9:45

Second—Third 10:00—11:00

Fourth—Fifth 1:30—2:30

Please contact your child's homeroom parent for details!

BOOK of the Month!

Our new book of the Month is

Texas Night Before Christmas!

The children will be able to watch and listen to Mrs. Merki and Mrs. Jameson read this story through a video this month. All of our previous Books of the Month including this month's book are available for purchase through the front office! These would make great Christmas gifts! Be sure to stop by and purchase one!

