

Dear Families,

As I look out my window at my snow covered deck and barren trees, I find myself impatiently waiting for that first robin, a sure sign that spring is on its way. Even though winter is not my favorite season of the year, I realize that life goes by fast enough so I quickly change my attitude and look for the positive experiences that each day brings. Yes, the snow is beautiful as it falls from the sky. I will burn lots of calories when I go out to shovel. I had an opportunity to sleep in a little bit longer today and have a second cup of coffee! I look forward to the Winter Olympics which will begin on February 12<sup>th</sup>!

I fondly look back to the times I enjoyed watching the Summer and Winter Olympics on television when my children were young. We certainly enjoyed viewing the events, but it was the examples of inspiration that we truly internalized. The challenges and obstacles that some of the athletes had to overcome to become Olympians illustrated to each of us that with work and perseverance, anything is possible.

As a family we were all involved in activities. I was that typical "Soccer Mom" in the mini-van even though it was baseball, softball, basketball, football, dance and karate that were the activities of choice in my household. The life-long health benefits of being active as well as the social skills that were developed from being on a team and competing have certainly played a part in the positive opportunities that my family has received.

The benefits of living an active life and eating right are of such importance that our First Lady, Michelle Obama, is spear-heading an initiative to improve the health and well-being of all children.

The [New York Times](#) (2/10, A16, Stolberg) reports, "The White House, led by Michelle Obama, announced a sweeping initiative on Tuesday aimed at revamping the way American children eat and play - reshaping school lunches, playgrounds and even medical checkups - with the goal of eliminating childhood obesity within a generation. The 'Let's Move' campaign, nearly a year in the making, is Mrs. Obama's official debut in a high-profile policy role, and she has already lined up an array of partners in government, medicine, science, business, education and athletics who are pledging to work together to get children off their couches and consuming fresher, healthier food."

Research shows that children who eat healthier foods and get regular activity perform better in school than children who do not. Not all children will want to play a team sport but there are so many other activities that may find interesting. How do you get them motivated? You might want to start by watching the Winter Olympics. If nothing else you will be making family memories that will last a lifetime.

For more information on the history of the Olympics and some fun activities that you can do with your children visit the following web-sites: <http://holidays.kaboose.com/olympics.html> , [www.activityvillage.co.uk/all the olympic games.htm](http://www.activityvillage.co.uk/all_the_olympic_games.htm).

Stay warm!

Mrs. Sue Bugno  
Principal