



Blades Elementary School Principle 7



"By creating our classroom rules together it becomes our classroom and not just mine."
Miss Pauk- 1st Grade Teacher

**Blades Elementary
Physical Fitness Improvement Plan**

Name: Cierra Teacher: Mrs Zerwig

2013-2014	Fall Testing:	Spring Goal:	Spring Testing:
Push-Up Test	16	30	
Curl-Up Test	40	60	
Sit & Reach Test	9 in.	10 in.	
Pacer Test	52 laps	70	
1/4, 1/2, 1 Mile Run	7:23	7:00	

How will you achieve your goal? (50 word or less)

I will achieve my goal by running and doing the other stuff at home to practice.

"We can see how healthy we are and to get in better shape. It makes me feel good because being healthy makes me feel better."
Cierra- 4th Grade Student reflecting on her physical fitness improvement plan

Teacher and students nominate a student from each classroom that shows exceptional character for every month of the school year.

No. [redacted] Date: 10/28/13

Draw or write your answers.

Think Sheet

<p>What were you doing?</p> <p><u>locking my locker</u></p>	<p>What were you supposed to be doing?</p> <p><u>focusing on math</u></p>	<p>What will you do next time?</p> <p><u>not lock my locker</u></p> <p><u>I explained to Tyra that I was not upset with her, I just needed to have the conversation with her that we can't bring locks to school!</u></p>
<p>This is how I feel...</p> <p><u>Sad and embarrassed</u></p>		
Sign [redacted] Student	<u>[Signature]</u> Teacher	Sign [redacted] Parent

"We got to celebrate because we earned it by showing character and filling up the school bucket. I thought it was fun because it was peaceful and you got to relax."
Maddie- 3rd Grade Student reflecting on a Blades school-wide Beach Blanket reading celebration



Students reflect on Think Sheets when they break a classroom or school rule. Teacher or Principals talk with them about what they did and how they will make better choices in the future. Core Values are reinforced.

Students are encouraged to nominate their fellow peers for the character wall. Each month a student from each class is chosen to represent their class for each character word.

Caught Having Good Character

[redacted]

shows Carage by Making someone else happy when they are sad

