



BELLINGHAM HIGH SCHOOL

RED RAIDER ALERT

May 25, 2018

Important Links

Keep up to date on everything “**Red Raider**” with these helpful links.

[Bellingham High School](#)

[Bellingham School District](#)

[Transportation](#)

[Counseling Office](#)

[Career Center](#)

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Greetings Red Raider Families!

“Students who participate in effective physical education, taught by certified physical education teachers, are empowered with the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.” (Shapeamerica.org)

Benefits of Health & Physical Education to Students

- ✓ Positive relationships with *academic achievement* and *test scores*
- ✓ Positive association with *attention, concentration* and *on-task behavior*
- ✓ Encourages *lifetime healthy habits*
- ✓ Strategy for *reducing childhood obesity*
- ✓ Reduces *discipline referrals* and *participation in high-risk behaviors*

This school year we have increased the number of Physical Education sections from 19 in the 2016-17 school year to 37 sections during the 2018-19 school year. **This equates to 500+ more students participating in our Physical Education program.**

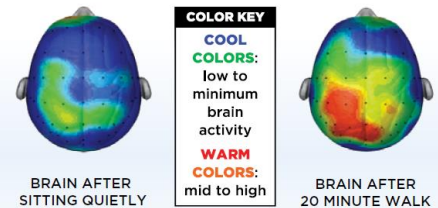
ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS

Physical Fitness and Achievement Test Performance



Castelli, D.M., Hillman, C.H., Buck, S.E., & Erwin, H.E. (April 2007). Physical fitness and academic achievement in 3rd and 5th grade students. *Journal of Sport & Exercise Psychology, 29*(2), 239-252.

Average Composite of 20 Student Brains Taking the Same Test



Hillman, C.H. *The Effect of Acute Treadmill Walking on Cognitive Control & Academic Achievement in Preadolescent Children.* 2009.

The Washington State requirement for students to graduate is to complete 3 semesters (1.5 credits) of Physical Education and 1 semester (.5 credit) of Health Education. We are excited to offer a variety of classes to meet the needs of all students. The following classes are available for students to take in our program:

- ✓ Powerlifting
- ✓ Movement and Dance
- ✓ Walking and Hiking Exploration
- ✓ Racquet Sports
- ✓ Lifetime Activities
- *International Games
- *Advanced Yoga & Yoga
- *Team Sports and Recreational Activities
- *Strength Interval Training

As the school year comes to an end, we will be closing our locker rooms on **Tuesday, June 12 @ 3:30pm** for cleaning. All students need to have their belongings removed from our locker rooms prior to this time. Any belongings not claimed prior to this time will be donated to charity.

Have a healthy summer full of fun and fitness!

Darin Nolan - Physical Education & Health Department Chair

Tell your friends how they can receive a copy of the **Red Raider Alert!**

Send a request to:
raideralert@bellingshamschools.org



Please like us! Your **Red Raider** PTSA has a Facebook group - join today @ [Bellingham High School Red Raiders PTSA](#).

Seniors:

We want to know where you are going! Please turn in your Awards Record forms to the Career Center. Don't know what that is? Didn't get one? Come to the Career Center for help!

Red Raiders on a Roll:

Girls Golf: State Tournament Results

2nd - Jada French, 5th - Sophia Schmidt, 21st - Kylie Kruhlak. **Red Raiders win 2nd Place Team Trophy!**

Boys Golf: Top finisher, 17th - Connor Frank

Track & Field: 12 student-athletes represent Bellingham at the [State Championship Meet](#)

Cade B. - 1600m (8th place) and 3200m

Annika R. - 1600m (5th place) and 3200m

Noah J. - 100m and 4x100m Relay

Connor W. - 4x100m Relay

Ethan J. - 4x100m Relay

Spencer L. - 4x100m Relay

Ethan F. - 4x100m Relay

Jaden S. - Long Jump and Triple Jump

Iyan M. - Long Jump - State Champion! + High Jump

Carmen S. - 300m Hurdles

Dylan M. - Long Jump (3rd place) and Triple Jump

Nick O. - Javelin - State Champion!

The **Red Raider PTSA** is pleased to announce the winners of the 2018 PTSA Scholarships:

- Hannah Reidel, planning to study International Relations and Political Science at Seattle University.
- Oliver Knickrehm, planning to study Engineering at the University of Washington.
- Cade Brown, planning to study Chemical and Biomechanical Engineering at Yale University.
- Cameron Bartlett, planning to study Music at Whatcom Community College.
- Savannah Turner, planning to study Design at Western Washington University.
- Haillie Christiana, planning to study Business Analytics and Spanish at Boise State University.

Congratulations to our scholarship winners and good luck to all our seniors. - PTSA Scholarship Committee