

Kent County Public Schools

H.R. Newsletter April 2019

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Daily Dynamics

(Complete each exercise for 30 seconds, 1 or 2 times a day!)

Activity 1: Walk in Place

Move: Stand tall with shoulders back and down. Start walking in place while pumping opposite arm and opposite leg.

Activity 2: Rubber Neck with March

Move: Stand tall with shoulders relaxed and down. Begin marching in place. Drop your right ear down to your right shoulder (you don't have to touch it) and hold for a few seconds, repeat on the left side.

Activity 3: Chest Opener

Move: With arms straight, bring them behind your back while keeping your back upright and your shoulders down. Try grasping your fingers together and slowly rotate your shoulders back, bringing your chest forward.

Activity 4: Abdominal Stretch

Move: Stand straight up and raise arms over head and interlace fingers with palms turned upwards. Stretch the arms up and very slightly bend backwards. Hold for a few seconds. Return to center and bend at your waist towards the right side. Hold for a few seconds and repeat on the left side.

Activity 5: Body Weight Squat

Move: Stand with feet slightly wider than shoulder width apart with your toes pointed forward or slightly out. Inhale and lower body by bending at your hips. Keep your body weight in your heels and keep your chest high (don't hinge forward at hips). Be sure your knees don't pass over the front of your toes. ***When comfortable try touching your chair lightly with your buttocks without sitting and return to a standing position.

Schools and Offices Closed



Friday, April 19 - Monday, April 22

The spring came suddenly,
bursting upon the world
as a child bursts into a room,
with a laugh and a shout
and hands full of flowers.

HENRY WADSWORTH LONGFELLOW

Congratulations to this year's nominees for:

Teacher of the Year
Support Employee of the Year
Promising Educator
And the winner is...

