



OMPH School Scene

Staying Fit at OMPH School

Tuesdays and Thursdays are two days set aside for physical education at OMPH. Many students look forward to these days; and the activity scheduled for their class. Each activity runs for a total of four weeks. This allows students the opportunity to hone the skills necessary for each scheduled activity. Physical education classes begin each week with a prayer, warm-ups and an explanation or review of rules for the scheduled activity. Students are constantly reminded to demonstrate good sportsmanship and encourage each other.

This year, Kindergarten through second grade began the school year by participating in tee-ball. Students were taught how to stand at the tee and how to hold the bat correctly.



Next, they were instructed to keep their eye on the ball and to swing the bat against the ball to watch it fly through the air! Students really enjoyed tee-ball and especially, viewing how far their classmates could hit the ball.

Third grade through fifth grade participated in whiffle ball to start off the school year. Students demonstrated good eye/hand coordination when stepping into the batter's box to hit the ball. Students in the outfield did a great job working together; catching the ball and coordinating who to throw the ball to in order to get outs! Students did a great job showing good teamwork and demonstrating fair play.

To also stay connected with the current sports season, the middle school students, "Kicked off" their year with two hand touch football. The first week, students practiced throwing and catching the football; as well as, practicing kickoffs using the kicking tee. The following classes were dedicated to playing two hand touch football. Each class, prior to engaging in the sport, the game rules and terminology were reviewed. Seventh and eighth grade students were then tested on their knowledge of football rules during the last week of the unit.



Older students are now starting their Frisbee unit, while K-3 have been working on throwing and catching with scoops. Students are always curious as to what the next activity will be. I look forward to encouraging the OMPH students to actively engage in physical activities and stay fit. I would also like to thank Mrs. Miller for volunteering her time to help watch over the students during physical education classes.

Mrs. Kiefer, Physical Education Teacher

Thank You to Knights of Columbus!

Thank you to the OMPH Knights of Columbus for their continuous generosity to OMPH School. Recently Mr. Cassidy visited the classrooms and spoke to the students on the significance of Columbus Day. The children enjoyed a break from class and a special treat. We appreciate the ongoing support of the Knights!



Rosary-Making Club

Throughout October, the month of the Most Holy Rosary, our Rosary-Making Club under the direction of Mrs. Chanko, met to create hand made cord rosaries to be given to the newly baptized at OMPH, St. James and Our Lady of Lourdes Parishes.



For more information on

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