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ESE Star

Towne Meadow Elementary Extended School Enrichment

January 2018



ESE Gives: Holiday Cards

We love to make cards at Towne Meadow for the kiddos at Riley Hospital! This time we made holiday cards and had fun doing it!

Our kids are soooo crafty and love to create art. It is exciting to see our art going to others, putting smiles on their faces. The students think it is fun to make something for someone else, especially since they may not be able to be home for the holidays or get out to enjoy winter days. We want to share some cheer and bring holiday spirit, or just a friendly hello their way!!

Our K-2nd grade students always fill our tables when we make cards. This time we had quite a few 3rd -5th graders help our cause this time. Way to go guys!

Kickboxing @ ESE

We are staying active and fit at TM ESE! Miss Bowers loves to teach us cool moves during Kickboxing on Tuesdays at our new club: "Kick 'n Pound!"



During kickboxing, we learn series of punches and kicks as we follow each other and use our force to beat up the air! This allows us to release energy, get some exercise, and practice our gross motor skills, along with follow a sequence of moves as a group.

Pound is a fun way to exercise, keep rhythm, and make some noise! This workout involves using sticks to create a beat with the music while your whole body moves! It isn't quite dancing, but moving with the music!



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