



School News



June 2017

Lampson *Elementary*

13321 Lampson Ave., Garden Grove, CA 92840 • 714/997-6153 • <http://www.orangeusd.org>



Heriberto Angel Jr.
Principal

Our Student Athletes!

Regular exercise is great for our bones, muscles, lungs—and yes, our brain, too. Research indicates that regular exercise gets our blood flowing, resulting in more oxygen reaching our brain. Of course, that makes us think better!

Regular exercise helps keep students from zoning out in class and get a good night's sleep. Our students at Lampson certainly took their exercise serious during SBAC! After spring break, we started our Lampson Running Club, which meets on Thursdays after school. This incredible opportunity allows our second-through-fifth-graders to get extra exercise and have some fun! Our running club helps promote sportsmanship and healthy living, and it made them understand that regular exercise helped them be ready for the SBAC.

Regular exercise is also promoted in our lower grades. Currently, our first-graders are taking a Zumba class led by our teachers twice a week during their physical education block.

Lampson Leopards rock!

