

DOLPHIN NEWS

DELFIN NOTICIAS

2025-2026 Edition #24 02/09/2026



Events & Reminders

Car Line: Mr. Garcia & Ms. Juarez

Monday: 02/09/26

- Lunch: Cheeseburger on a Whole Grain Bun
- Events: Admin Team 10:00am, Orange House Dave & Busters , Spirit Week - Jersey Day

Tuesday: 02/10/26

- Lunch: Pork Carnitas
- Events: Hope Fund Tutoring 3:30 pm – 4:30 pm, Cristo Rey on Campus , Ball Hockey vs. Independence 5:00pm @Tampa , Spirit Week - Twin Day
- Birthday: Deysi Azucena

Wednesday: 02/11/26

- Lunch: Nachos w/ Chili & Cheese
- Events: Hope Fund Tutoring 3:30 pm – 4:30 pm, Mark off Campus (CSGF) , Progress Report Night , Spirit Week- Valentine's Day Accessories
- Birthday: Jeremiah Juarez

Thursday: 02/12/26

- Lunch: Chicken Nuggets
- Event: Ball Hockey Vs KCC 5:00pm, Mark off Campus (CSGF) , Graduate Great Partner School Meeting @ CR 12pm -2pm, PLC Writing Gr. 4-5 2pm -2:50pm, Spirit Week-Boys wear red, Girls wear pink

Friday: 02/13/26

- Lunch: Big Daddy's Cheese Pizza
- Events: Hope Fund Chess 3:30pm – 4:30pm, Mark off Campus (CSGF) , 4th Gr-IEP Mtg 1:45 pm, Candy Gram Delivery , Berkeley Program 8³⁰ am -7:30 pm (10th Grade Retreat), Guest Speaker MS-3rd Period , House Activity - Escape, Spirit Week-Dress Comfortably

Saturday: 02/14/26

- Birthday: Melany Antonio

Sunday: 02/15/26

- Birthday: Leonardo Castellano, Angel Herrera

Physical Education at WCA

Physical Education (PE) plays a vital role in supporting student success. Research has shown that regular physical activity helps improve students' focus, behavior, academic performance, and overall well-being. When students move their bodies, they strengthen not only their muscles, but also their minds.

It is recommended that children receive at least 60 minutes of physical activity each day. This daily movement helps build healthy habits, boosts confidence, reduces stress, and supports lifelong wellness.

But what is PE without fun? From hula-hooping to gymnastics, team games to fitness challenges, PE at RCMA is designed to keep students active, engaged, and smiling. Our students receive Physical Education every day, from kindergarten through 8th grade, giving them consistent opportunities to grow stronger and healthier.

We are incredibly thankful for our dedicated Physical Education teachers. Their commitment, energy, and creativity bring both fun and exercise into our students' daily routines. Because of them, PE is not just a class, it's an experience that encourages healthy habits and a love for movement that can last a lifetime.

Fun Fact :

Did you know your heart loves to move? When you run, jump, skip, or dance in PE, your heart gets happy and strong, just like giving it a big Valentine hug. Staying active every day helps your heart stay healthy and full of love

