

P.S. 133

The Bellerose School of Excellence
248-05 86th Avenue
Bellerose, NY 11426



Matthew Paolano, Principal
MPaolano@schools.nyc.gov
Sarai Salazar, Asst Principal
Ssalazar3@schools.nyc.gov

Dear P.S. 133 Families,

Get ready! P.S. 133 is excited to announce our **Field Day** celebration for all K-5 students on **Wednesday, June 3rd, 2026!** Planned by our wonderful Physical Education teachers, this fun-filled day is designed to celebrate the end of the school year. Students will enjoy a variety of activities and events throughout the day, including physical fitness challenges, team-building relays, and carnival games in the school yard!

Event Highlights:

- **Gymnasium:** High-energy team relays and cooperative games.
- **School Yard Carnival:** Basketball, soccer, PE games, and various inflatables.
- **Inflatable Fun:** We will have two large inflatable slides available.
 - *Note: If you **do not** wish for your child to participate on the inflatable slides, and obstacle courses, please notify your child's teacher, Ms. Salazar, and Mr. Paolano.*



Student Walk-a-Thon - American Heart Association Connection (NEW!)

When we think about staying healthy, we often think about running fast or growing tall. But the most important part of staying healthy is actually hidden right inside your chest—your **heart!** The American Heart Association teaches us that keeping our hearts happy is the secret to having tons of energy to play, learn, and grow. Your heart is a super-strong muscle that works 24/7 to pump blood and oxygen all over your body. Since it does so much for us, we need to take great care of it!

That is why we are so excited for this year's **Field Day**, this year's Walk-a-Thon, as well as the connection we are making to overall heart health, in partnership with the American Heart Association, and the many resources available. We will remind our students that each lap they do on Field Day helps their hearts pump stronger, boosts their energy, and shows them how much fun staying active can be.

As a family, you can support your student's heart health journey by following these simple habits at home:

- **Gear Up to Move:** Keep the momentum going at home! Aim for at least one hour of active playtime a day. Riding bikes, dancing, or being active with friends are great ways to build a stronger heart muscle.
- **Eat the Rainbow:** Fuel up for the big day with colorful fruits, veggies, and whole grains. Don't forget to drink lots of water, as staying hydrated is so important!
- **Rest and Relax:** Getting a good night's sleep each night, will ensure your heart gets well-deserved rest, so that you have plenty of energy for the next day ahead!

Family Attendance & Volunteering:

- **Spectators:** All parents and family members are welcome to watch the carnival portion of the day from outside the school yard fence.
- **Class Volunteers:** We are inviting **two parents from each class (K-5)** to volunteer on Field Day. Volunteers will come inside and assist teachers with supervision throughout the day. Please contact your child's teacher directly if you are interested. If more than two parents in one class express interest, volunteers will be selected at random.

Student Guidelines for a Safe & Fun Day

To ensure everyone has a fantastic experience, please review these reminders with your child:

- **Dress Appropriately:** Wear comfortable athletic clothing and sneakers (no sandals or flip-flops). Hats and sunscreen are highly encouraged, but be sure to pay attention to the weather!
- **Stay Hydrated:** Please send your child to school with a water bottle.
- **Teamwork First:** Students must stay with their designated class throughout the day, listen to directions, and schedule rotations, while practicing excellent behavior and sportsmanship throughout the day, or be at risk of being removed from the day's activities.

Grade Level Colors

Please ensure your child wears their assigned grade-level color shirt to school.

Kindergarten - **PINK**

1st Grade - **ORANGE**

2nd Grade - **YELLOW**

3rd Grade - **GREEN**

4th Grade - **BLUE**

5th Grade - **GREY**

Field Day Schedule (June 3rd, 2026)

TIMES	LOCATIONS and ACTIVITIES		
8:00am-8:45am	Classrooms for Attendance and Event Instructions/Expectations		
8:45am-9:45am	K-2 Auditorium Kahoot!		
	3-5: Walk-a-Thon		
9:45am-10:45am	GYM Relays 9:45-10:15 Grade 4 10:15-10:45 Grade 5	Schoolyard Carnival Grade 2/3 (Parents Can View Outside)	K/1 Lunch

Instagram: @p.s.133q

Twitter: @PS133Q

Website: www.ps133q.com



Phone: (718) 831-4016

Fax: (718) 831-4020

10:45am-11:45am	GYM Relays 10:45-11:15 Grade K 11:15-11:45 Grade 1	Schoolyard Carnival Grade 4/5 (Parents Can View Outside)	2/3 Lunch
11:45am-12:45pm	GYM Relays 11:45-12:15 Grade 2 12:15-12:45 Grade 3	Schoolyard Carnival Grade K/1 (Parents Can View Outside)	4/5 Lunch
12:45pm-1:45pm	3-5 Auditorium Kahoot! Facilitators: Kaya and Liz		
	K-2: Walk-A-Thon		
1:45pm-2:10pm	Classrooms for Pickup/Dismissal		

To celebrate the end of the school year, we are looking forward to a fun, engaging, and physically active event with our students as we strive to make June the best month yet!

If you have any questions, please feel free to reach out

Sincerely,

Matthew Paolano, Principal