

September 09, 2020

Hello Parents/Guardians,

First, welcome to another school year and congratulations on making it through the summer months!

My name is Ms. Patterson and I will be your child's Physical and Health Education teacher for the time being/until further notice. I have a passion for physical activity and am very much looking forward to getting to know your child this school year. I believe students learn best when they are physically active, when they feel safe, and when they feel heard. I plan on cultivating a safe and fun environment for your child to explore, grow and reach their full potential.

I am looking forward to providing your child with an exciting and rewarding physical education experience. Our P.E. classes will prove to be an integral phase in their physical and social development. My goal is to develop and improve students' personal fitness and motor skills, by providing developmentally appropriate activities through purposeful, creative and enjoyable instruction. By incorporating challenging yet achievable tasks, the students will attain positive attitudes about physical activity and movement.

In our class, every child is expected to participate to the best of their ability each day they attend class. Your child's safety is extremely important in the gymnasium setting, and for that reason, I ask that they wear athletic or running type shoes.



A few rules for our PE classes this year are:

1. **Respect yourself** (stay on your feet, have fun and do your best, wear appropriate shoes)
2. **Respect others** (listen quietly when others are speaking, have good sportsmanship)
3. **Respect the place** (ask for permission before using equipment, take care of our gym)

If your child does not adhere to these rules, there will be consequences. I run on the “3 Strike” rule:

- ★ Strike 1 = Warning
- ★ Strike 2 = Refocus
- ★ Strike 3 = Time Out

If your child reaches strike 3 (hopefully they don't), they will have a sheet to fill out explaining what happened, how they plan to address the issue and come up with a solution. This sheet will be brought home and will need to be signed by you, the parent/guardian, to keep you in the loop, and then returned to me the following day. Also, please note that your child will also fill out this sheet if they are not wearing the appropriate footwear, or are feeling ill/are injured.

If your child has any ongoing health concerns or restrictions that we need to be aware of, please send a detailed note with instructions for their class participation limitations.

Let's Keep in Touch!

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Kind regards,



Ms. Patterson