Friday April 3, 2020

Dear Parents/Guardians:

I am writing to you today to share with you my vision for implementing the Physical Health & Education curriculum during this time of remote learning. Of course, we find ourselves in an unprecedented situation and I expect that all of us – students, parents, and teachers will learn a great deal as we navigate these next few weeks together.

First and foremost, the most important thing to consider in these times is the health and safety of your families. There can be nothing more crucial. Of course, the health component includes our physical, mental, emotional, and spiritual well being. We can expect the stress and uncertainty of these times to impact all aspects of our lives. I hope the suggestions I bring for physical activity will help to provide some much needed distraction and stress relief for your families.

With respect to safety, it is critical that we all continue to abide by the safety measures outlined by the various levels of government to help reduce the spread of COVID-19.

These include:

* meticulous handwashing – especially after being outside
* avoiding touching our faces
* social/physical distancing – staying a minimum of 2 metres apart from anyone not in our immediate household
* coughing or sneezing into our sleeves, not hands
* staying home as much as possible

Our provincial health authorities continue to remind us that the next few weeks are critical to slowing the spread of the COVID-19 virus.

I am well aware that PE will look and feel different for every family in our St. Paul community. I will provide a wide range of options for the students in the hopes that each day they are able to participate in some form of physical activity. This will likely be a combination of indoor and outdoor activities depending on the type of dwelling your family lives in (ie. condo vs. house) and your ability and willingness to be outdoors. In an ideal setting, each student will undertake a *minimum* of 60 minutes of daily activity, 30 minutes of which should be vigorous (i.e heart pumping) in nature. I also realize that there will be days where students are not able to meet this target and that is completely understandable.

Any effort to participate in physical activity (even if it is only for 10 minutes in between other activities or for example 30 minutes of activity, 3 times this first week) should be recognized as an important step in the right direction.

I will be communicating directly with our Primary students (K- Gr. 3) using their existing Class Dojo platform and will use the PE Google Classroom for communication with the students in Gr. 4-7. I will be posting videos as well as activity suggestions and ideas on

Monday afternoons in the short term. As we progress, I will also be posting photos, videos, and reflections on my own fitness journey in hopes of connecting with and motivating the students. I will be using the PE blog on our school website for weekly posts to share information, thoughts, and insight with the entire community. If you have not already subscribed to the PE blog with Blogtrottr, I would recommend that you do so. I will send email reminders for the first few weeks as effective communication between home and school is critical to our shared success in this endeavour. We will get through this trying time if we work well together.

Please feel free to contact me at any time at [gkelly@stpaulschool.ca](mailto:gkelly@stpaulschool.ca) should you have any questions or concerns with regard to the PE program. I hope to arrange some video conferencing with student groups in the weeks to come to check in on their progress and spend some time with them. I see this as a unique opportunity to help the students learn just how much they can do at home to improve their fitness and maintain the healthy, active lifestyle that is our ultimate goal for them.

All the best,

Mr. K