

Dear Parent/Guardian/Student,

First and foremost we want to reach out to all of you and let you know that we are feeling the same stress that you all are feeling about the school closure due to COVID-19. We are worried about so many aspects of not being in school, but we wanted you to know that we will be available to you and your students regardless of school being closed.

While you are away, please refer to the Physical Education Activity Log on our teacher webpages. To find those webpages, please go to <https://www.jcschools.us/domain/524> and locate your PE Teacher's name. From there, you can click on the COVID-19 PE Expectations tab where it will direct you to the assignment(s). Right now our expectation is that students record their physical activity daily. Their overall goal is to reach 60 or more minutes of activity on 5 or more days a week. We have also listed examples of what those physical activities could be but are not limited to. The activity log will be worth 21 points (3 points per day) and will need to start being completed on Monday, March 30th. We will also be attaching links to the page that will direct you to online workouts available from the YMCA and other various resources.

As many of you know, building and maintaining positive relationships with our students is something that we take very seriously. It's our personal belief that it aids learning and the progress they make on a day to day basis in Physical Education. We are wanting to maintain those relationships over this extended break. If you and your child perform any physical activities, please share with us a picture or video by emailing us or tagging us on our twitter page **@patriot\_pe**.

Your teachers will be available Monday-Friday from 9am-2pm but if you would need us after that time, please still email and we will do our best to answer as soon as possible. This is a time where we are all unsure and stressed, but please remember to stay strong for your kiddos and comfort all of their worries and questions (I am sure they will have tons). I know you all are fantastic and we will make it through all of this chaos together. Please don't hesitate to reach out with any questions, comments or concerns. Stay safe, stay healthy, and take this time to slow life down and make memories with your family.

Sincerely,

TJMS PE Department