

GREETINGS FROM COOLIDGE SCHOOL

September 6, 2016

Dear Families,

I hope you all enjoyed the long weekend. It was nice to enjoy the sun *without* the heat for once! We can certainly feel the difference here at school. As we marked our fourth day together I was struck by how many routines the children have learned already. In fact, today's rain provided students and staff the opportunity to practice "going with the flow" in two places- indoor recess and Parent Pick Up. Importantly, it's not just the children that master school routines.

I am very grateful that so many participants in the Pick Up line for making their signs visible. It surely makes dismissal easier when we can call out the children easily. Please keep these other routines in mind:

- Please make sure that your child's belongings are labeled. If your child gets home via Parent Pick up, please make sure their tag is securely attached to their backpack.
- Drop off begins at 8:30. If you arrive early, please wait with your child. Try not to block parking spaces in front of the school. Our teachers need them.
- Most children are still learning their Meal Magic PIN number. Helping your child to practice makes getting lunches faster for everyone.
- When sharing timely information, please communicate with your child's teacher AND the office (and/or ESC) Teachers cannot easily check email during the day, and alerting everyone helps us to communicate better.

Thanks again for all your efforts. Please see the blurb below for important information about a change in Physical Education routines this year.

Sincerely,

Amy

Date

9/15/16

9/21/16

9/22/16

10/7/16

10/10/16

Event

PTO Meeting Media Center 7pm

Curriculum Night: Grades K, 1, and 2 at 6:30pm

Curriculum Night: Grades 3 and 4 at 6:30pm

No School: Professional Development Day

No School: Columbus Day

September 2016

Dear Parents/Guardians,

Welcome Back!

As you know physical education is an important component of your child's development. Students will be participating in physical education once per week (1st grade two times a week). These classes will consist of physical activities that address fitness, motor performance, and cognitive learning.

Physical education is a part of our standards-based report card. Students will be evaluated in three content areas, which include participation in individual and group activities, motor skill development, and fitness.

Physical Fitness

Realizing the importance of our physical fitness goal, a fitness assessment will be administered to each student twice during the school year. The five components of this assessment are the Pacer Test, Curl Ups, Push-Ups, Sit & Reach, and Trunk Lift for grades 3 & 4. Grades 1 & 2 are not assessed on Curl Ups and Push-Ups. Additionally, a healthy heart run is conducted during Trimester 2 for all grades and is included on the report card.

Physical Education staff will also facilitate the recording of heights and weights to assist the nurses and comply with health record requirements. In grades 1, 4, 7 and 10, height and weight screening data is used for state mandated BMI calculation and aggregate reporting. Individual student data is not reported. In order for students to be excused from any screening a parent must make that request in writing to the school nurse.

Our success will depend on your support with the following rules and procedures:

Sneakers- Sneakers will be required. **Sandals and Crocs** will not be allowed. Please double-check the day your child has PE. Please consider donating gently used sneakers to our sneaker bank for students in need.

Clothing- Please wear comfortable clothing that permits the freedom of movement on all playing surfaces. Girls should save dresses/skirts for non-physical education days.

Medical Issues

All children will be participating in physical education classes. If your child is recovering from illness or injury and limited participation is suggested, please send a written note or email explaining the reason and the nature of the limitation. For restrictions lasting longer than two weeks please bring in a doctor's note. A note or email is also requested when students are recovered and ready for full participation.

I am looking forward to a fun-filled year!

Thank you,

Kara Pacheco

Physical Education

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