

PE Parent Information:

Please, please, please remind your child to dress properly for PE...clothes that are easy to move in, closed toe shoes that stay on the feet when running and kicking. If girls wear a dress or skirt please put shorts underneath. As the weather gets colder, bring a jacket or coat-Covid or no Covid I like to take them outside as long as possible. When the snow comes and students are wearing their snow boots I recommend them bringing shoes to change into on PE days- it is hard to run and jump in big heavy boots.

PLEASE HELP YOUR CHILD TO KNOW HOW TO TIE THEIR OWN SHOES.

If your child has a medical condition that will affect their participation in PE or that I need to be aware of (heart conditions, asthma, seizures, etc.) please make sure their Student Information form is current.

Thanks,

Mrs. Griffith