Greetings Parents!

Welcome back! I am excited to be your child’s physical education teacher. I have always believed that education is the avenue that can change the lives of students and give them the tools and confidence to succeed, and physical education is a big part of this picture.

This year is sure to bring twists and turns, challenges and successes, and new discoveries for how to stay healthy and fit. The impact of the Covid-19 pandemic has created new educational challenges for physical educators to determine the most effective instructional strategies that can reach all students.

In the coming months, we don’t just have to keep kids learning. We have to keep them moving. It is vital to our kids’ health, well-being, and their ability to learn.

According to the CDC and HHS, young people who are physically active tend to have better grades, higher school attendance, better cognitive performance, and improved classroom behaviors. Regular physical activity can help improve cardiorespiratory fitness, build strong bones and muscles, contribute to a healthy weight, and reduce symptoms of anxiety and depression. With the pandemic contributing to a sedentary existence for kids, it’s even more important for them to get up and move.

Whether students are in the gym, at home, on a playground or in a field, the goal in physical education is to develop physically literate students with the knowledge, skills, and confidence to be active for a lifetime. Being a role model is one of the most powerful forms of educating my students about being healthy and fit. I want my students to see that each new day is an opportunity to improve in their health and fitness and for them to take it and make the most of it.

I look forward to working with you as we partner together to help your child succeed in this class on their journey towards better health and fitness.

Mrs. Rose