

WHO ARE WE? BRIGHT FIT!

Welcome to a new year of health and physical education at The Bright School. We are so excited to teach your children about health, wellness and how to be fit in a fun and enjoyable way. We hope your children will share with you what we are doing in P.E. each day.

First, we would like to share with you some important gym keeping details.

- Girls need to **always** wear shorts to school under their dress, jumper or skirt. In P.E. we do all sorts of flips, rolls, and upside down activities.

- We **MUST** have a note or email signed by a parent or doctor if your child is sick or hurt and cannot do P.E. that day. If they are out for a while and can still do some things, please be specific about what they can do and cannot do. If your child has exercised-induced asthma, please send an inhaler to be kept in the gym in a plastic bag with their name on it.

- All children need to wear tennis shoes **everyday, even on free dress days**.

The dress code calls for principally white, black, blue or any dark color shoe soles that does not leave black marks on the gym floor. They also must wear tie-ups, Velcro, or lace lock fastening tennis shoes. Absolutely, **NO CLOGS** or **SLIP ONs** are to be worn to gym.

- We will have many events throughout the year with which you could be contacted to volunteer. If you would like to help as a PE volunteer, please contact Lucy Sawrie, sawriefamily@epbf.com. Also, feel free to join your child for P.E. class any time you can.

- We have changed our monthly PE award. At the end of each month, we pick a boy and a girl from each grade who demonstrates lots of qualities that represent our motto and brand, "BRIGHT FIT". The character traits are listed on the bulletin board outside Coach Connell's office. We have gone over these with the students. That month's names will go up on the bulletin board outside the gym doors for that month. This is not an athletic award but an overall fitness and behavior award. There will be several each month who deserve it, but we can only pick two, so encourage your child to work hard for this every month.

As you can see we have a lot going on in P.E. Thank you so much for your help and encouragement to the children and us. Get out and be active with your children today. We look forward to a great year!!

In Wellness and Health,

Coach Connell and Coach McDaniel

