



August 18, 2010

Dear Parents and Guardians,

Welcome to a new school year! I would like to invite you to visit our 8th grade physical education class where your child will be participating in a quality physical education program, which will hopefully be a cornerstone for a healthy lifestyle for them. The 8th grade program consists of developmentally appropriate activities that create maximum opportunities for development of skills, knowledge, health-related fitness, and ultimately, the confidence to enjoy an active, healthy life-style.

During this school year, I would like to encourage you to partner with me in your child's physical development and fitness. Children need a minimum of at least 60 minutes of physical activity every day and there is no better way than playing together. Go for a walk, take a bike ride or toss a ball. It is so very important for your children to see you being physically active as role models.

There is an 8th grade physical education link on the school website where we will try to update you on the things happening on a regular basis. Please feel free to contact me at school (645-2277) between 10:10 and 10:55, or by email at lkahle-langston@mail.meridian223.org. Brock Johnson, from Northern Illinois University will also be student teaching during the first 8 weeks of school. He can be reached at bjohnson@mail.meridian223.org.

Thank you for partnering with the physical education program to develop your child's lifetime health and fitness. By working together we can bring the joy of good health and physical activity to your child and family. I truly look forward to teaching your child this year!!

Sincerely,

Linda Kahle-Langston

“If you treat children as they are, they will remain as they are. If you treat children for what they could be, they will become what they can be.” Anonymous