



TK-4 Physical Education Woodside Elementary School 2019-2020

I believe that physical education is vital to the growth and development of children. Our physical education program teaches students how their bodies move and how to perform a variety of physical activities. Students learn the health-related benefits of regular physical activity and the skills to adopt a physically active, healthy lifestyle.

Social and Emotional Learning, SEL, is a natural fit in physical education and will be an emphasis throughout the year.

Have you heard about Seesaw? It's a great app that is available to parents so they can access their child's digital portfolio in physical education. Look for the code or link coming soon so that you won't miss a thing.

Please help your child participate to their fullest by sending them in **tennis shoes** and comfortable clothes on their PE days. Students wearing flip-flops, sandals, heels, crocs, Ugg boots or cowboy boots will not be allowed to participate due to safety concerns. Shoes that have all toes and heels covered and stay on the child's feet are generally ok.

If your child will be unable to participate due to illness or injury, please send them to school with a note or email me. A doctor's note is required for excuses lasting more than three days. On your note please indicate your child's restrictions. For example, they have a sprained wrist, but are fine to run.

If you have any questions or concerns about your child, the physical education program, or after-school sports, I would love to hear from you. I can be reached at kjones@woodsideschool.us

I look forward to getting to know you and your children,
Kathy Jones