

Proctor Families,

It's been a while since we've had Physical Education (PE) outside together. PE is twice a week, your teacher will tell you which days your child has PE.

Things needed for PE:

- Positive attitude, sportsmanship, effort, respect
- Athletic shoes that stay on securely, clothes that are okay to get dirty, names on sweatshirts and jackets
- Water bottle with name
- If your child is ill or injured and can't participate, a note from home is required

I enjoy playing music during our class time when appropriate. I encourage students to suggest music for me to play which is appropriate for 1st - 5th graders, especially songs that make you want to move. Have your child write down the song title and artist and bring it to PE or put it in my box in the office.

If you have any questions or concerns feel free to email me at scarlos@cv.k12.ca.us.

Thank you,
Ms. Carlos