

Dear Linton students and families,

I hope you are safe and healthy, as you are all on my mind. I wanted to use this letter to inform you that I am here to support you in any way possible. As you know, I have a passion for physical education and physical activity. I want to continue to share my passion with all of you to hopefully improve the way you feel as we all encounter these different and difficult times.

Being physically active is one way to help improve our mental and physical wellness. By being physically active for at least 60 minutes a day, we can improve the way we feel! Finding new ways to be physically active may be challenging for some or all of you, so I am creating a PE website to provide resources for everyone to find their new at home PE routine. I will share activity logs for you and your family, similar to 5210+, share fun workout/dance videos on Linton's Facebook page and on my website, and provide at home online PE options.

My expectations for my students is to do the best that they can! Everyone's at home PE routine will not look the same, so I am leaving it up to you and your family to find what works best for you.

Please don't hesitate to reach out to me directly for questions/comments/concerns! I am here to help in any capacity I can.

Have fun & get moving!

Best,

Carter Janicki
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