

Dear Parents,

We hope you are as excited for the upcoming school year as we are. We would like to ask for your help in a new initiative we are introducing in September. The evidence regarding the importance of physical fitness and how it relates to learning is very clear. Children who have poor physical fitness will have a harder time learning. In other words, health and fitness are directly related to academic success. Toward that end, we are trying to encourage our students to be moving throughout the school day, especially in the minutes they might have after arriving at school, in gym class and at recess. In fact, our new mantra is "*Our school is in motion.*" We also hope to introduce short periods of exercise at the beginning of many classes.

You can help us, and thus your child, by supporting this new initiative. The healthier the child is coming to school, the better they will do in school. That means making sure they get plenty of outdoor play after school, limit screen time and processed foods, and have fruit and vegetables available at every meal.

The mind and body are truly connected. Thank you for your support as we continue to try to give your child the best education possible.

Very truly yours,

_____’s homeroom teacher