

Dear Middle School Families,

In the event we move to distance learning, I ask that you continue to develop and grow your child's physical, mental, and emotional health as it is critical for well-being. I will continue to meet with your child during the scheduled time they would normally have Physical Education. As I usually have your child three times a week, classes will be devoted to working out virtually while also incorporating mindfulness and health concepts.

**\*Submitted Work\***: There will be an Activity Log that students will need to complete on a weekly basis and to be submitted for a grade. These logs are to help motivate students to maintain physical fitness during this difficult time.

All classes will have their own designated Physical Education class page that will provide students with instructions and directions weekly for Physical Education.

Please feel free to email me with any questions or concerns!

[claire.healy@bridgesli.org](mailto:claire.healy@bridgesli.org)

Best,  
Claire Healy