

## Welcome to a New Year in Physical Education with Mr. Abney and Mrs. Sellers!

We're excited to be working with your children and can't wait to help them learn through movement and play. In P.E., we focus on three simple, but important rules:

- ✔ **Be Kind:** Show kindness to classmates and teachers; treat all equipment with care.
- ✔ **Play Safe:** Follow directions, stop when the music stops, and only throw equipment when instructed.
- ✔ **Work Hard:** Participation is expected—students are encouraged to try their best and stay engaged.

### **What to Wear on P.E. Days (schedule at the bottom for a reminder)** 😊

To participate safely, students **must wear sneakers** on gym days. *Crocs (even in "sport mode"), sandals, boots, and dress shoes are not safe and should not be worn to P.E.*

### **Behavior Expectations**

To support a positive and safe environment, we use a simple structure:

1. **First Strike** – Verbal warning
2. **Second Strike** – Quick check-in with teacher + 2-minute break
3. **Third Strike** – Student sits out + email home

### **P.E. Schedule by Class**

<b>Olson:</b> Tuesday & Friday	<b>Lotierzo:</b> Monday & Thursday
<b>Kindergarten:</b> <ul style="list-style-type: none"><li>● Urbanowicz: Tuesday &amp; Thursday</li><li>● Lewis: Wednesday &amp; Thursday</li><li>● Painter: Monday &amp; Tuesday</li><li>● Shea: Monday &amp; Wednesday</li></ul>	<b>First Grade:</b> <ul style="list-style-type: none"><li>● Ricardo: Tuesday &amp; Friday</li><li>● Gallagher: Monday &amp; Friday</li><li>● Pieloch: Wednesday &amp; Thursday</li><li>● Mielke: Tuesday &amp; Thursday</li><li>● Kostelansky: Monday &amp; Wednesday</li></ul>
<b>Second Grade:</b> <ul style="list-style-type: none"><li>● Frohn: Wednesday &amp; Thursday</li><li>● Schubert: Monday &amp; Friday</li><li>● Bernecker: Tuesday &amp; Friday</li><li>● Wilk: Monday &amp; Wednesday</li></ul>	<b>Third Grade:</b> <ul style="list-style-type: none"><li>● Cusick: Monday &amp; Tuesday</li><li>● Higgins: Tuesday &amp; Thursday</li><li>● Terranova: Monday &amp; Friday</li><li>● Wynkoop: Monday &amp; Wednesday</li><li>● Yukniewicz: Wednesday &amp; Thursday</li></ul>

### **We're Here to Support Your Child**

If there's anything you'd like us to know that can help your child feel more confident and safe in P.E., please don't hesitate to reach out. We're here to partner with you. Thank you for helping us keep students safe, respectful, and ready to move!