Dear Parents/Guardians,

Your daughter is beginning a semester of Healthy Active Living and hopefully she will report that it is a positive experience. I aim to dispel the myth that only ‘athletic’ students excel in physical education. If your daughter comes ready for class with appropriate attire, a water bottle and she is willing to fully participate in group activities and demonstrates a clear understanding of the health topics covered she will be successful in this course.

We will complete the first round of fitness testing in the first two weeks. These results serve as a bench mark so that your daughter can document the physical fitness changes that occur between now and the end of the semester. The focus of Healthy Active Living is to adopt a ‘vitality’ approach to being active as opposed to a ‘weight centered’ approach. The overriding theme of this class is that Social, Physical, Intellectual, Emotional and Spiritual Fitness are **inter**dependent. The motivation to be regularly and vigorously physically active should be grounded in the belief that it is essential for a balanced and healthy life.

When your daughter completes this credit she will have fulfilled the requirement of **one Phys. Ed. credit in order to graduate**. May I stress some of the many reasons she should consider continuing with **Physical Education throughout her high school career.** Next year the choice would be to take PPL 30 or PAF 30. These are the course codes for Grade eleven girls physical education.

1. Physical Fitness will enhance her academics, social life and emotional well being. Study after study proves that physical activity directly enhances the executive functioning of the brain so that concentration, cognitive reasoning and memory retention is elevated. Additionally, there have been studies that prove a strong correlation with good physical fitness and emotional stability/mature decision making.
2. Females become increasingly more inactive with each year after grade eight. Your daughter’s generation has twice as many overweight, obese and inactive individuals than any generation before. These statistics have prompted recommendations for mandatory physical education classes but unfortunately that has not been implemented in Ontario. By choosing a Phys. Ed. credit each year of high school it demonstrates a commitment of good physical health being an integral part of your daughter’s life.
3. Physical Education and Healthy Living will assist your daughter in the journey of discovering the UNIQUE and beautiful individual God intends her to become.

I am genuinely excited about the semester ahead and I am especially enthusiastic about guiding your daughter through a successful and satisfying Healthy Active Living experience. If you ever have ANY questions or concerns regarding this class please never hesitate to contact me.

Sincerely,

Annette Barry (abarry@ldcsb.ca)