

Acton District High School

Physical Education and Health



September 5, 2017

Dear Parents,

Welcome to Acton District Healthy Active Living Education! I am very excited to briefly introduce myself and your child's Physical Education course (PPL340). I have included my contact information should you need to reach me. It is my hope to have on-going parental communication throughout the semester to provide updates and reminders. Also, be sure to bookmark my webpage at www.mccallumd.weebly.com. The webpage will contain important information such as course outline, medical forms and course assignments.

This course emphasizes regular daily participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement techniques and principles, ways to improve personal fitness and physical competence, and safety/injury prevention strategies. We will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco and other drugs. Students will also participate in activities designed to develop goal setting, communication, conflict resolution and social skills.

Due to the participatory nature of the course, attendance is crucial to the success of each student. Please send me an email or a note letting me know about any absences. Each student must be in a proper uniform each day consisting of a Acton Bearcats Athletics shirt, red shorts, and running shoes. Running shoes must be tied snugly (marking soled skateboard type shoes etc. are not allowed). A pair of indoor court shoes and outdoor running shoes are recommended. All jewelry and piercings need to be removed to participate. Uniforms are available for purchase (shirts - \$15). Students are welcome to purchase extra uniforms for wash days.

Moving forward there are three items to be completed by this Friday, September 8, 2017.

- 1. Please fill out the medical form (available from your child or on the website) and return by the above date. This medical information is very important in case of emergency.**
- 2. Please have your child purchase a gym uniform (if they don't have one) by the above date.**
- 3. Please send me an email confirming you have read this letter and for future contact. (Be sure to tell me the name of your child in your email)**

Thank you for your consideration - I am looking forward to a great semester! Please do not hesitate to contact me with any questions or concerns.

Sincerely,

Darryl McCallum

Teacher Physical Education PPL 340

Webpage: www.mccallumd.weebly.com

Email: mccallumd@hdsb.ca