

April 3, 2020

WELCOME
BACK

Welcome to PHE at Home with Ms. Olavar!



Hello parents / guardians,

As you're well aware, we are finally beginning our distance learning journey today! I am excited to get the ball rolling and explain how I will be structuring my instruction.

At the beginning of each week, I will post the following things on my blog:

- The goals / lessons for the week
- A digital assignment for you to fill out, print, or write on a sheet of paper (whichever works best for your household)
 - **Fill this out and email it back to me by Saturday at noon at the latest.**
- Resources for parents - this is to help you understand and guide your children through lessons

EXERCISE



It is completely up to you as parents / guardians to structure your day in a way that best suits your family as a whole. **Be flexible!** This is a stressful time with many bodies and brains working around the house. Try to see your "PE times" as a break or a way to calm down throughout the day.

One thing this pandemic has taught is how important our physical, mental and spiritual health is when dealing with such big changes. I understand that there's a lot going on and it may not be possible for you and your children to reach our goal every single day. That being said, please do your best to encourage and remind your child of the benefits of participating!

If you have any questions or concerns, I can be reached at golaivar@sfxschool.ca and I will reply as soon as I can during school hours (8:45 am – 3:30 pm).

Please continue to stay safe, practice social distancing and wash your hands!

God bless,
Ms. Olavar

