Parents and Students,

Hello! I hope you are all doing well and keeping safe by following all protocol for this unprecedented pandemic, covid19. I am reaching out to all of you because it is extremely important to understand that we need to continue with educating our students. Learning is so important for young students because information recall can stimulate their brains. The more students learn, the more their brains “grow”. Students also need to stimulate their bodies. Because 75% of our Wellness lessons are PE related, I am going to be sending out attachments with various fitness and movement activities that can be done in the home and outside, with a friend or family member, or own your own. My goal for my K-5 students is to get them moving every day. As their teacher, in previous lessons, I have already discussed the importance of being active.

Further, in the next few weeks, I will be sending out attachments for various Health lessons. I will try to separate lessons for K-2 and 3-5 grade levels but there will be some lessons for all grades. These activities will be short and easy to understand. All I’m asking is to not get discouraged and do the best you can. Obviously, I prefer to be in the classroom and teach my own personal way but I am coming out of my comfort zone and hope the students will follow my lead. Coming out of your comfort zone is great for Social health.

If there are any questions, I will be available for e-mail ([jellis@lehighton.org](mailto:jellis@lehighton.org)) and if need be, phone contacts (e-mail me and I’ll send you my phone number). I will be checking my contacts all day until about 8pm. Thank you for your patience and understanding.

Yours in education,

Joe Ellis