

Greetings Middle School ACS students,

Welcome back! I hope you all are off to great start to the 2020-21 school year. I wanted to introduce myself, because I might not meet some of you in person until next month. My name is Mrs. Lisa Twining and I am one of the Physical Education teachers at Assumption. I have been part of the Assumption community since 2006 as a classroom teacher, a substitute teacher, EDP staff member or as a parent.

I am looking forward to a great year and I am excited to get the opportunity to teach Physical Education to you in the classroom. Since the 7th and 8th graders are distant learning and our 6th graders have a shorten day, I am unable to meet with you. At this point in time, there will be no Physical Education classes, assignments or assessments until we are in-person learning and we return to a full day.

As you are distant learning, it is important to remember to get up and move. The national recommendation for middle school age students, is to do 60 minutes or more of moderate-to-vigorous physical activity each day. Being active each day helps you not only physically, but your mental health as well. Going for a run, playing tennis, or doing a at home workout are all great ways to meet that goal of being active for 60 minutes. I have attached a monthly calendar of activities from Shape America. I recommended you do these each day or as much as possible. If you do choose to complete any of these activities, I would love to see you in action. You can email a picture or short description of your activities at ltwining@school.assumption. If you need more recommendations, I have a great deal of resources that I would be happy to connect you to that will help you be active each day.

I hope you all have a wonderful week and I look forward to sharing my mission and vision for Physical Education. If you have questions, please feel free to reach out to me by email or phone. My current office hours are Tuesday – Thursday 11:30 – 2:30.

Sincerely,

Lisa Twining
Assumption Catholic School
ltwining@school.assumption.org

PS: I am creating a bulletin board showing students being active outside the school. If you would like to be part of the board, please send a picture of yourself doing a physical activity, like running, hiking, playing golf or tennis to my email.