

September 6, 2007

Dear Parents,

Your son/daughter is doing an independent study with me for Physical Education. They are required to exercise 4 - 5 times a week for 30 minutes each time. I have included a form to use. Whatever activity you choose it should be strenuous enough to work up a sweat and get your heart rate up. They need to keep a record of their exercise and turn it in to me on Mondays for the previous week. Please sign these records to verify their activity. Points will be deducted from their grade if these aren't turned in by the following Friday. Participation in a Varsity sport will meet this requirement for the duration of the season.

Thank you very much for your assistance in making sure we meet this NYS requirement. If you have any questions please feel free to call me.

Sincerely,

Jane Achter, PE  
(585) 872-5150, ext.225

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PLEASE SIGN AND RETURN THE BOTTOM PORTION OF THIS LETTER !!

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(Parent/Guardian)

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(Student)