



Dear Linden Parents,

Let me first say Thank You from the bottom of my heart. The situation that we are all now in is the strangest I have ever experienced. Being at home with two little ones all day, every day. Having to strategically coordinated visits to stores. Conducting Zoom meetings and fulfilling work obligations. I still don't think I have adjusted. Many of you are perhaps required to physically go out to your place of employment, compounding the stress. So I applaud you, and I am so very proud of you!!!

We are now entering Phase 2 of at-home learning and the last 4 weeks of this school-year. While there may be a few children and parents who welcome an increase in work, I do not wish to make things any more complicated than they already are. Therefore, I have only planned for your children to keep a physical activity log. Please remember that this is encouraged but completely optional.

It is recommended that children get 60 minutes of movement daily, however, any reasonable amount is good. This physical activity can even be broken up into smaller chunks during the day. Planning out or recording your physical activity makes it easier to maintain a certain level of motivation. I know it makes me a little happier to see my rings close on my watch each day. That is the purpose of the Activity Record, to help your children be motivated in and self-monitor their daily movement.

To complete the log, simply find the activity conducted, along with the corresponding date column. Then simply write the amount of minutes in the box. At the end of each day, add up the minutes and record in the "Daily Total Minutes" box at the bottom. Note the activity spaces that read "other." If your child participates regularly in an activity not listed (like gymnastics), write the new category in the blank. While physical activity is certainly encouraged on the weekends, I did not include a place to record this. If your child still wishes to log these minutes, just save a little space on Fridays and add to that column. To help celebrate your child's daily or weekly accomplishments, feel free to email me videos or pictures. It is also possible that I will post some congratulation videos through Clever links. Please let me know if you send me accomplishments, but do not wish to have them posted. Email me if you have any questions. Thank You! And keep moving!

Sincerely,

Mr. Johnson