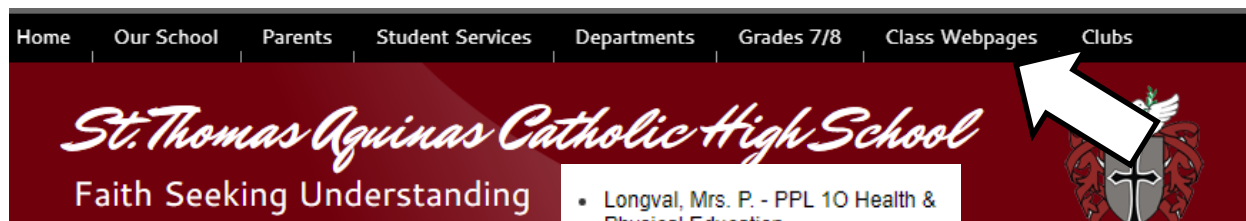




Physical education & Health

I am very pleased to be your child's health & physical education teacher this semester. If at any time you have questions about the course or your child's progress, **please do not hesitate to contact me**. I check my email daily and therefore that may be the easiest method of contacting me however you may also phone me if you wish.

Please note that you can access your child's schedule, sport specific and health curriculum notes, test and assignment due dates, and much more online through the school webpage at <https://www.sta-russell.com>



The course outline can be found on the class webpage, under the heading Course Expectations.

Please include your contact information below in order to help me communicate with you more effectively throughout the semester. My primary mode of communication is by email. When the due date for an assignment has passed, I will generally send out an email if some assignments have not been handed in. Your email address and the name of your child will never be seen by others on my email list. Likewise, if you have any questions or concerns, email is the best way to reach me. My email address is penelope.longval@cdsbeo.on.ca and is listed on my webpage.

Penny Longval

Mrs. Penny Longval
613-445-0810 ext. 110



I have read the course expectations and understand that **attendance** and **participation in class** are required to fulfill the curriculum expectations. I also understand students must wear STA physical education uniform.



Student Name: _____

Parent/ Guardian Name: _____

Signature: _____

Parent/ Guardian email: **please print clearly** _____

