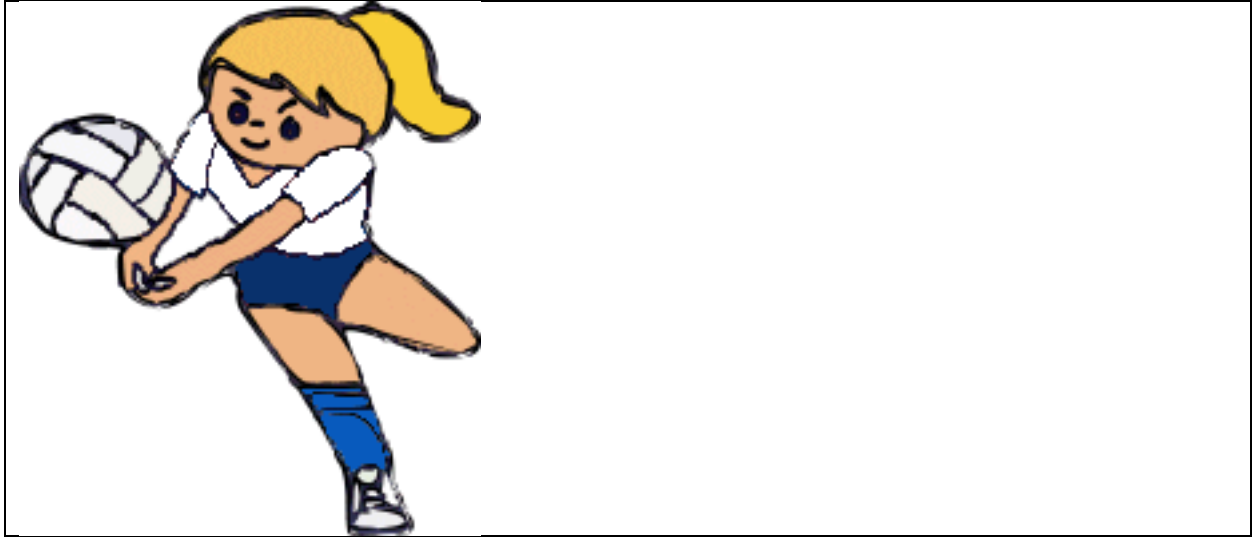


Physical Education Memo: Holiday Break!



From Mr. Rawlings and Mr. Hicks

Grades 4-8- Please be alert to the **FITNESSGRAM ASSESSMENTS** that will be in full swing in the weeks following our return from the holiday break.

Curl ups, Push ups and the PACER RUN upcoming.

If you can find some time during the break to prepare with curl ups, push ups and, running, please do so.

Also, as we enter winter months, please remember to have sneakers for all **Physical Education** classes.