

## WELCOME BACK TO SCHOOL :)

A big hello to all members of the SYV Family School community! This year I will be doing my best to provide our students with an interactive, educational, and (at very least) entertaining PE program. Each week we will be covering at least one of the three topics of personal health and wellness.

1. **Physical** - Learning about how our bodies function, which foods provide the most nutritional value, and making sure we exercise regularly to keep our muscles strong.
2. **Mental** - Realizing that our minds are the most powerful muscle of all. When we focus on understanding how we think, act, and react to our surroundings; we begin to find out more about ourselves and what we need to feel our best.
3. **Social/Emotional** - Applying both independent and group oriented skills such as critical thinking, communication, and problem solving.

I would like to thank each and every one of you for your flexibility and understanding during this time of Remote Learning. We will get through this together and come out stronger than ever.

Wishing everyone physical, mental and emotional wellness.

*Jose Farias*

(The luckiest PE Teacher in the world)

Below is a link to last school year's remote learning program saved via google drive. PLEASE FEEL FREE to access any and all resources provided there. Explore and see if you can find something that you really enjoy!

<https://drive.google.com/open?id=1jgrJirD0CSp5CzEsl4yPGVjAFvQjsIwn>