



EARLY MORNING GAME HOUR

Dear Parents and/or Guardians:

On **January 25th** Cowlshaw Elementary will be hosting its second half of early morning game hour of the school year. This program is intended to allow students of Cowlshaw a fun opportunity to participate in a regular physical education game for up to a full hour. The scheduled games are games that the students play through out the school year and which they are familiar with.

The game hour is open to all students 1st through 5th grade enrolled at Cowlshaw. Students will be expected arrive at 7:50 a.m. and will play until 8:50a.m. **(Please do not drop students off earlier than 8:00, as there is no supervision available)** at which time they will be dismissed to their classes. For the benefit of everyone participating, I would ask that the following rules please be followed:

- Please arrive on time
- Everyone participating **must** wear gym shoes
- All P.E. rules apply

The schedule will be as follows: **Please note that the February 16th date is a Tuesday**

- January 25th **Dead bug**
- February 1st **Medic**
- February 8th **Jump Rope for Heart**
- February 16th **Star Wars (Tuesday)**
- February 22nd **Jail ball**
- March 1st **10-5-1**

Thank you in advance for your support.

Sincerely,

Jose Ariel Soto

Physical Education Teacher

I have read all the rules and regulations pertaining to the Early Morning Game Hour and I understand that if my child/children do not abide by said rules they may be asked not to return for further dates. Please fill out and return form by January 25th.

Student Name

Grade _____

Parent signature