

## Physical Education Class Welcome Letter 2023 - 2024

Dear Parents and Guardians,

Hello everyone, and welcome back to another school year! My name is Mr Velasquez or Mr. V, whichever is comfortable for you. I am the Physical Education teacher at St John's Lutheran. This will be my second year teaching here and I am very excited to see all my returning students again. I am a recent college graduate from The College of Staten Island, where I received a Bachelor's Degree in Business Management, where I also played on the Men's Basketball team for 5 years as well. Fitness and exercise have always been an important part of my life. It provides numerous benefits for your physical health, but it also can provide even more for your mental health.

I plan on using this class to provide a fun, safe and much needed stress relief outlet. We will be in the gym when the weather is bad, and utilizing our outdoor spaces as much as we can. Each student should be dressed appropriately in their gym uniform and sneakers on their specified gym days. Each student must also bring a water bottle. I feel blessed to be working in such a family-like environment, and I am positive that we will have a fun and productive school year!

Sincerely yours,

Mr. Velasquez