

# Northport Physical Education

September 13, 2022

Mr. Alistair Shull,  
Physical and Health Education Teacher

Dear Parents and Guardians,,

Welcome to a new year of school at the Northport School District! I am please to announce to you that I am the “new” K-8 Physical/Health Education teacher this year...finally in my zone in my 5th year being committed to the development of the whole child with a focus on health and physical fitness as the core of my PE curriculum. It is my hope that your child finds PE to be an exciting, challenging, and rewarding place to be every day of the week. It is also my hope that they have come home with positive stories about their PE experiences so far this year. Here are some key items you can do from home to support your childs success in the Physical Education environment:

1. Encourage having your student dress in clothing that they can be active and comfortable in during PE classes. Jeans and dresses are discouraged if at all possible, but I am more flexible around that with our K-5th grade levels. Shorts, runners(sweat pants), tshirts, etc are great choices for daily school attire.
2. We share our gym space with many after school athletic programs. Every summer the floor is refinished which is a large cost item for our district. The PE program, Administration, and Custodial staff have all come to the agreement that in order to keep the floor in the best possible condition before our basketball season begins, all students must have a second pair of tennis shoes to participate in daily PE classes held in the gym. Please work to provide your child with a designated pair of sneakers for PE, and if you are not able to do so for whatever reason, please send me an email and I will work behind the scenes to help your child get a pair of sneakers they can wear for PE.
3. Ask your child what they did in PE today! We cover a ton of different games, some sports, and many life skills that will help your child gain confidence and coordination in their personal abilities as well as their teamwork and social skills.

Please do not hesitate to to contact me with any questions or concerns you may have regarding Physical and Health Education at Northport Schools this year. I look forward to a rewarding and awesome year this year for all of our students!

Best regards,

**Mr. Shull**

NPSD PE Department Lead