March 2020

Dear ALES Families,

We hope this letter finds you and your family well. This letter is a communication from the Allegany-Limestone Elementary Physical Education staff, in an attempt to keep us all on the same page and moving forward with educating the students in the Allegany-Limestone School District.

First, we’d like to address the measures that need to continue to be taken, in order for you and your family to remain healthy and virus-free.

So, we'll remind you how you can stay protected:

1. Wash your hands.
2. If you have to sneeze or cough, use your elbow or tissues, and keep your hands away from your face.
3. If you're sick, for any reason, don't go out in public.
4. And remember, if you are having symptoms typical for a cold, you may just have ... a cold. Symptoms of coronavirus include fever, a cough, and shortness of breath; if you get those, you should consult a clinician, but again, keep in mind other illnesses have similar symptoms.
5. Follow the advice of your state or local health department, especially if you've been exposed and are asked to self-quarantine.

Secondly, as a PE Team, we’d like to address the physical education mandates for healthy living and learning. New York State Department of Education requires 120 minutes/week of physical activity. Along with this letter, we will be publishing a calendar of ideas to help you fill your 120 minutes/week mandate, while you are at home staying safe. You will be able to locate this on the district website, under the “menu” tab…“our teachers” tab…”Physical Education ES Mr. Austin/Mr. Filbert” tabs. You will find monthly calendars, monthly checklists, “make & take” games, and additional resources (as we find/create them) that can be utilized to keep physical activity fun and focused – while your family is at home.

Lastly, if you have any questions for our team, please call the elementary school and use the extension 4112 (to reach Mr. Filbert) or email [caustin@alcsny.org](mailto:caustin@alcsny.org), (to reach Mr. Austin) or [ganderson@alcsny.org](mailto:ganderson@alcsny.org) (to reach Mr. Anderson to address APE concerns). We’ll be checking our messages daily, in order to respond promptly, as we’ll be sharing the communication load as a team.

Your partners in education,

ALES PE Dept.



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