

Hello E3 students,

~Mr. Kangas here~

Hope you are all staying safe and healthy during this difficult time. I miss seeing you in Physical Education, Health, and Wellness. I want to explain what physical education and health will look like during our distance learning period. If we do not return to school, distance learning will begin on March 30<sup>th</sup>. Activities, PowerPoints and tests will be posted on google classroom. You will be expected to journal once a week for physical education and health, stay tuned for future details on journaling. For now, please sign into both google classrooms with the class codes

Physical Education: [aobkqzx](#)

Health: [n7r4ulh](#)

It is important to maintain our health triangles during this difficult time. We know that the health triangle is the foundation of everything we've learned about in health class and in our daily lives.

Remember the main points for each...

**Physical Health:** Coronavirus is a serious concern, please do your part to keep those around you healthy. Wash your hands often and sneeze / cough into your elbow. Also, maintain a nutritious diet and remain physically active for 60 minutes a day.

**Mental Health:** Be aware that everyone has had their lives turned upside down. We are dealing with a lot of stress. Be kind, be courteous, be respectful and most importantly, smile 😊. Your smile has the power to make everyone's lives better.

**Social Health:** Yes, this area may be difficult to maintain during this time, but there are a lot of ways to keep in touch with friends and family. You can still communicate through phone calls, texting, or social media (remember internet safety). I encourage you to spend quality time with your family – make meals, play board games, or read books together. Also, feel free to call or email me at anytime. I would love to hear from you.

Stay tuned for future announcements regarding health and physical education. I miss you all!

Mr. Kangas

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