**Acton District High School  
Physical Education and Health**

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September and February

Dear Parents,

Welcome to Acton District Healthy Active Living Education! I am very excited to briefly introduce myself and your child’s Physical Education course (PPL3401). I have included my contact information should you need to reach me. It is my hope to have on-going parental communication throughout the semester. Also, be sure to bookmark my webpage at www.zazzaral.weebly.com. The webpage will contain important information such as course outlines, medical forms and information on sports teams and clubs.

This course emphasizes regular daily participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement techniques and principles, ways to improve personal fitness and physical competence, and safety/injury prevention strategies. We will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco and other drugs. Students will also participate in activities designed to develop goal setting, communication, conflict resolution and social skills.

Due to the participatory nature of the course, attendance is crucial to the success of each student. In the event of an absence, please contact the school directly. If you forgot to contact the school, please send me an email or a note letting me know about the absence and I will correct it for you. Each student must be in a proper uniform each day consisting of a Acton Bearcats Athletics shirt, athletic shorts, and running shoes. Running shoes must be tied snugly (marking soled skateboard type shoes etc. are not allowed). A pair of indoor court shoes and outdoor running shoes are recommended. All jewelry and piercings need to be removed to participate. Uniforms are available for purchase (shirts - $10 and shorts - $10). Students are welcome to purchase extra uniforms for wash days.

**Moving forward there are two items that need to be completed by the first Friday of the school semester:**  
**1. Please fill out the two page medical form (available from your child or on the website) and return by the above date. This medical information is very important in case of emergency.  
2. Please have your child purchase a gym uniform (if they don’t have one) by the above date. The preferred method of payment is the “Cashless Schools”. Cash or cheques are also acceptable. Cheques are made out to “Acton High School”.**

Thank you for your consideration - I am looking forward to a great semester! Please do not hesitate to contact me with any questions or concerns.

Sincerely,

Lisa Zazzara  
Physical Education Teacher  
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