



March 15, 2018

Dear Parents and Friends,

We wish to remind everyone of our annual Global Studies/ STEM Fair. It takes place on Thursday, March 22, from 6:00-8:00 PM, at Rutland High School. We hope you can join us! You will see:

- Many of our 12th grade Capstone projects.
- 10th grade research presentations and readings of creative writing.
- 9th grade STEM integrated unit presentations on the intersection of Vermont geology and community, entitled "Changing Landscapes."
- Demonstrations in the arts and a chance to understand world language instructional techniques.

And we wish to offer a particular "heads-up" for evening. Our Physical Education Department is offering you the opportunity to get a work-out. Bring your gym shoes and proper attire to try some of the latest methods in instruction and assessment in this field. I include their letter on page 2, the reverse of this sheet.

Finally, if you cannot attend, please watch the action live on NBC5, WPTZ from 5:00-6:30. Meteorologist Tom Messner will be broadcasting from our fair, focusing on STEM work as part of his series, Math + Science = SUCCESS.

We hope to see you Thursday, March 22!

Bill Olsen, Principal

Dear Parents and Friends:

Encouraging our youth to be physically active is more important than ever before. Increasing a child's level of physical activity is not only important for improving health, but recent studies also indicate that physical fitness levels are associated with academic performance, school attendance, and discipline. As a part of your child's Physical Education program, class take the *FitnessGram* assessment which measures health-related fitness for youth.

The *FitnessGram* health-related fitness assessment offers multiple tests to measure aerobic capacity, muscular strength and endurance, flexibility, and body composition. We ask that you come join us in our family-engagement fitness fun on March 22 from 6:00 - 8:00 p.m. in the gymnasium.

Please join us to learn about current practices to encourage lifelong fitness for your child. Each personal best assessment, led by students, will last approximately 10 minutes. All ages and ability levels are welcome. Please bring proper attire to participate.

You may be assessed using options from the following test items:

- PACER
- Push-Up
- Curl-Up
- Back-Saver Sit and Reach

For more information regarding the *FitnessGram* assessment, please refer to www.FitnessGram.net. If you have other questions, please contact your child's physical education teacher.

Thank you for your support from the Family Engagement Committee and the Physical Education Department.