January 8, 2013

Dear Parent or Guardian,

As you may be aware, Plymouth Public Schools had received a Physical Education Program (PEP) grant. The grant provides new physical education equipment, a physical education comprehensive curriculum, physical education professional development and monies for after school clubs. This is truly a great opportunity for Plymouth.

In addition to the above, the grant requires a great deal of data collection. One of the many data collection requirements is the tracking of student’s steps (movement) through the use of a pedometer. If you are receiving this letter, it is because your child has been randomly selected to wear one. Elementary students are required to wear the pedometer for four consecutive days and the middle and high school students for seven consecutive days . We selected the watch style so that students can put it on and leave it on until the end of the data collection cycle. These watches may get wet, be worn in the shower/bathtub. The students may sleep with them. If the student has to take it off, for any reason, please instruct your child to inform his/her Physical Education teacher that it was off, for how long and why. We will factor that into our data.

**The returning of the pedometers is critical to our success**. We were only able to purchase a small number of these due to their high cost. In addition, we are sharing them throughout the district. At the end of your schools data collection, within 36 hours, another school will begin their data collection. Thus ensuring the prompt return of the pedometer is necessary and greatly appreciated.

Below is the date your child started wearing the pedometer and the date that your child must return the pedometer to his/her physical education teacher.

If you have any further questions, please contact me at daly@educationconnection.org or 860-314-2790.

On behalf of the Physical Education Department, we thank you for your help and time with this. Together we will improve the health and wellness of all Plymouth students.

Lisa Daly

Healthy & Fit 4 Life, Program Coordinator

DATE BEGAN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DATE TO RETURN**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_