

Dear First, Second and Third grade Parents,

The **Shaping the Future** brochure explains the Physical Education program at Rush Creek Elementary. It can be found on the Rush Creek Elementary website, under the heading Academics, then Physical Education. I am very proud of that program and am looking forward to being your child's Physical Education teacher.

If you came to my classroom for an Open House presentation, this is what I would tell you about myself, professionally and personally. My Bachelor of Science and Masters of Education degrees are in physical education from the University of Minnesota Twin Cities. The course work for these degrees included English, History, Math Science, Educational Psychology, Child Development as well as these specialized physical education areas: the study of children's physical development, learning motor skills, effective teaching techniques, and instruction in a variety of lifetime sports and fitness activities. I have a Health minor that included courses in first aid, personal health, nutrition, and wellness. In my thirty-two years of teaching, I have helped to design a district program for children that allow them to enjoy the process of discovering and exploring new and different challenges in a physical way. We want children to find a variety of ways to get all the physical, emotional, intellectual and social benefits that come to someone who is physically active throughout his/her life.

Does this dispel the "throw-out-the-ball jock" image of yesterday's "Gym" teacher? I sincerely hope so! You are invited to visit your child in Physical Education class at any time during the year. You will quickly see that your child's classes are very different from the old "gym class" that consists of running laps, captains picking teams, and competitive team sports.

Personally, I have two daughters; my oldest is William Mitchell Law school graduate and practicing attorney, and my youngest is a graduate of the Art Institute International of Minnesota in the Baking and Pastry program and now a Whole Foods scratch Baker. We have survived the whirl of lessons, classes, and activities that many of you are experiencing. Now we are dealing with student loans, car payments and rent. I guess it's always something!

I am looking forward to working with your child and meeting you this year,

Nora Kosloski