

*Hello Parents of P.S.182,*

*We have enjoyed watching the progress of your children over the past five months. Students have been working on improving their physical fitness levels by applying the physical fitness concepts they have learned. We are very excited to witness the growth in their aerobic endurance and their muscular strength over these past few months.*

*In January, we taught our students ways to improve their flexibility by introducing yoga. This month, our focus will be about developing healthy eating habits by providing students with various lessons on nutrition. Our lessons will be based on exercises and activities that will enhance student's physical abilities and their knowledge in making healthier food choices.*

*Please encourage your children to share what they learned and put the exercises and nutrition information to practice with family members.*

*Thank you for your continued support and we are looking forward to helping your child become more fit and healthy for life.*

*The Physical Education Teachers,*

*Mrs. Coniglio*

*Mr. Jellloe*

*Ms. Vance*