

WELCOME TO LEGACY MIDDLE SCHOOL WELLNESS/PE

WE, THE WELLNESS TEACHERS AT LMS ARE VERY DEDICATED TO HELP ING DEVELOP YOUR CHILD IN EVERY SENSE! WE WANT TO HELP THEM BECOME SUCCESFUL IN LIFE AND WE APPRECIATE YOUR SUPPORT!

WHAT YOU CAN DO AS A PARENT:

- PLEASE HELP THEM GET THE ITEMS LISTED BELOW FOR THE WELLNESS/PE CLASS. Feel free to contact your child's teacher if you have any problems obtaining any of the items and we will gladly try to help!
- ENCOURAGE THEM TO WEAR ATHLETIC ATTIRE TO CLASS EVERY DAY (students are not allowed to participate without proper attire and will not be able to earn the daily points).
- ENCOURAGE THEM TO PARTICIPATE IN CLASS, and make up the points when they return from being absent.

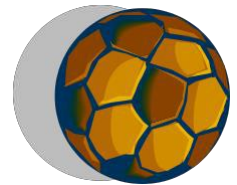


WHAT MY CHILD NEEDS FOR THE WELLNESS CLASS



APPROPRIATE CLOTHING. WE RECOMMEND:

- * **GRAY SHIRT & BLACK SHORTS** (the LMS Wellness uniform is \$10 for the shirt and \$10 for the shorts- Please buy online at schoolpay.com or in the locker rooms. Please make checks payable to Legacy Middle School)
- * **TENNIS SHOES WITH NON-MARKING SOLES**



WELLNESS/PHYSICAL EDUCATION TEACHERS AT LEGACY MIDDLE SCHOOL:

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