Dear Parents/ Guardians,

Welcome to the start of another school year! My name is Lindsay Dziedzic or as students can call me Mrs. D. I am pleased to be joining you and your student as the new Physical Education teacher here at Valley Inquiry.

I am a 2013 graduate of Western Oregon University with a Bachelor's Degree in Exercise Science with an emphasis in Physical Education. I was previously a subsitute teacher for the Salem-Keizer School District, in a variety of K-12 positions. Growing up I always took an interest in teaching, spending countless hours volunteering in schools around the area and growing my love for teaching. I have coached and worked at sports camps in a variety of sports such as Volleyball, Softball, and Swimming. I grew up in the Salem area, and currently reside here with my husband and twin boys.

This year in P.E. your students will be learning a variety of skills such as throwing, catching, dodging, dribbling and fleeing. I will be doing units that are sport specific as well as units that work on rhythm and hand eye coordinaion such as juggling.

In the lower grade levels we will spend alot of time working on spacial awareness,and locomotor movements (skipping, galloping, etc.). Most of the skills I introduce to the lower grades will be brand new to them. I can assure you we will spend lots of time practicing these skills in a variety of settings.

In the upper grade levels I will be building on the skills students already know and have developed, as well as working on improving skills and movements they have not mastered yet. I will also spend more time with 5th grade talking about nutrition and the components of fitness, as they take a pre and post fitness test.

As I said before I am pleased to be joining you and your student and cannot wait to see what the school year has in store. If you ever have any questions regarding your student in P.E. or about the activities we are doing please don't hesitate to ask.

Sincerely,

Lindsay M. Dziedzic

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