

Carleton W. Washburne School

Kinetic Wellness Department
515 Hibbard Road
Winnetka, Illinois 60093

January 4, 2011

Dear Parents,

Beginning on January 18th, 2011, our Kinetic Wellness classes will be involved in a one-week roller skating program. The skates are brought directly to the school and because of the soft urethane wheels, the students will be able to skate right on the gym floors. Skating has been an experience that students really enjoy (and remembers long after they have left Washburne).

We have worked very hard making certain that our skating is done in a safe and controlled environment. Mandatory wrist guards will be provided for each student. Students may opt to bring a helmet if desired. If a student is physically unable to participate in this unit, we have an alternative unit planned.

The unit includes 4 sessions of skating. The students will learn proper methods of skating forward, backward, stop, start, corner, and turn – along with extra activities performed on skates.

We feel this is an important unit because skating is a highly beneficial aerobic activity and is a life-long activity that helps improve coordination, posture, balance, and rhythm.

Please have your child return the attached permission slip to his/her Kinetic Wellness teacher by **Friday, January 14th**.

Thank you,

Washburne Kinetic Wellness Department

PLEASE RETURN THIS PORTION TO THE APPROPRIATE K.W. TEACHER
Due Friday, January 14, 2011

Yes, my child, _____ may participate
(Please Print Child's name)
in the roller skating unit.

My child's K.W. Teacher is: BECKER CHAN COOPER FLORANCE
(Circle one)

Class period: 1/2 3/4 7/8 9/10 11/12 13/14 19/20
(Please circle class period of K.W.)

Parent Signature _____

Date: _____