



TERRY FOX SECONDARY SCHOOL

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September 17th, 2010

Dear Students, Parents & Guardians:

As required by the Ministry of Education your son or daughter must document and report 150 minutes of physical activity per week. This letter highlights some information regarding the student reporting requirements for Daily Physical Activity.

There are two components to the DPA program at Terry Fox: **1) being active**, and **2) keeping track of the activity**. While some students may fulfill the first component with their achievement in PE and/or participation on a sport team and club, they have not satisfied the reporting portion of the program.

Component 2 will be completed in homeroom throughout the year. Consequently, it is essential that students attend the 7 homerooms scheduled for DPA purposes this year. Student must keep track of their activities during the months that we do not have homeroom and arrive to scheduled homerooms ready to complete their logs.

In the **September 23rd** homeroom, teachers will review the expectations and procedures regarding tracking DPA. Subsequent homerooms which will include DPA logging time are: **October 15th**, **October 28th**, **November 25th**, **February 3rd**, **March 10th**, and **May 5th**.

Ms. D'Alfonso and Ms. Zappone are available to help Monday through Thursday in Room 201 from 1:15pm to 3:15pm. Students will receive a comment on the second (November), fourth (March) and, sixth (June) report card which will indicate if they have met the requirements of DPA for the reporting periods.

Ultimately, the goal is to foster and encourage healthy living habits. Our intention is to support students with this process. Health and fitness are the responsibility of individual students. We will work with students to ensure that they continue to complete the requirements of DPA.

Respectfully,

Terry Fox Administration