

# FAIRFIELD LUDLOWE HIGH SCHOOL

785 Unquowa Road

Fairfield, CT 06824-5064

Phone: 203-255-7240 Fax: 203-255-7213

---



September 30, 2015

Dear Parent/Guardians:

The purpose of this letter is to inform you and your Aquaculture student of changes in health and physical education requirements for this year. As you may know, the Bridgeport Regional Aquaculture Science and Technology Education Center notified participating districts last summer that it will no longer be fulfilling students' graduation requirements for physical education (PE). In addition, significant alterations to their health education programming have occurred. In order to meet the PE and Health requirements of these students we have designed an individualized program to work within the confines of the Aquaculture students' schedules.

## New Physical Education Requirements for Aquaculture Students

Seniors -10 hours of physical education –to be completed 1<sup>st</sup> semester

\*seniors have met half of the hours required in previous years

Juniors- 20 hours of physical education- to be completed 2<sup>nd</sup> semester

Sophomores - 20 hours of physical education- to be completed 1<sup>st</sup> semester

Freshmen-20 hours of physical education- to be completed 2<sup>nd</sup> semester

The district's plan for physical education will require students to fulfill these hours through satisfactory completion of an *approved individualized physical education/fitness plan* overseen by Ms. Lewis, a certified teacher here at Ludlowe. Students can participate in one, or a combination of, the following activities over one semester (approximately 20 weeks) as needed to fulfill their required hours:

- Satisfactory participation in approved activities in the fitness center at Ludlowe during free periods, after school or during lunch (verified by Ms. Lewis and/or designee) and/or during shortened or specially scheduled days such as midterm and final exam weeks (these dates will be provided to students) and/or
- Satisfactory participation in a PE class on a class-by-class, drop-in basis (prior approval by PE teacher required) if a full course cannot be scheduled
- Satisfactory participation in an approved, after-school fitness class if available at one of our high schools provided by a certified PE teacher, and/or
- Satisfactory participation in additional fitness activities that may be designed by Ms. Lewis for Aquaculture students

Again, students may contract to do any combination of these activities to best suit the needs of their individual schedules. Students will be meeting with Ms. Lewis regularly to monitor and reflect on their physical education progress.

**Fellowship • Acceptance • Learning • Commitment • Opportunity • Niche • Success**

### Health Education Requirements for Aquaculture Students

This graduation requirement will be fulfilled through successful completion of an online course specially designed by our district's health education department. Students will be given an access code and will complete these modules at their own pace over a semester. Progress will be monitored by Ms. Lewis.

### Getting Started

Grades 10 and 12 will complete their programs in the first semester while grades 9 and 11 will complete their programs in the second semester. Students have already been contacted about an informational meeting that will take place at Ludlowe on October 5<sup>th</sup> at 9am to review these health and physical education requirements and to help them to create fitness contracts. On October 5<sup>th</sup>, the students will be returning to Ludlowe one hour earlier than their regularly scheduled time. Fitness center hours and other information will be shared with them at this time. For the convenience of our students, the Aquaculture school has agreed to release them early *one hour each month* to meet with Ms. Lewis at Ludlowe to monitor their progress and receive academic support. She will be providing students with these dates and her contact information at this meeting.

While we fully appreciate the concerns that have arisen from this unanticipated change, we are confident that this specially designed program permits our Aquaculture students to fulfill their graduation requirements with minimal disruption to their schedules. Please feel free to contact your student's school counselor or housemaster should you have any questions.

Sincerely,

Greg Hatzis