

Welcome back Bryant Families!

I am very excited to be back as your Physical Education teacher again! We also call this class GYM which is ok with me as long as families know that we are not a typical "Gym". We have learning objectives with physical activity goals and high expectations so that our students become the best movers they can be. If you'd like to know more details about our program please don't hesitate to connect with me or even come to curriculum night. I will have some information available and I will be present to answer any questions.

Also, as we transition back into the routines and physical activities of school, it is easy to also get back into the stress of school. My unsolicited advice to students AND to parents in these next few weeks is to

take care to get enough sleep, proper nutrition and down time. This is a tough transition after a long hot summer.

My bucket is full from summer, I am re-charged and ready to ROCK THE GYM! I hope you share this excitement with me! It's gonna be a great year!

Mr. Willard

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