

Dear Parents,

On behalf of the Mount Arlington Physical Education Department, we'd like to welcome your children back to school. We look forward to another exciting year with our students, but realize that there may also be some questions or challenges along the way. It has come to our attention that there seems to be confusion regarding the status of mask wearing during Physical Education class. The CDC's most recent report states people do not generally need to wear masks when outside and we will be outside to the greatest extent possible. However, if recess or physical education is held inside, the agency's recommendations for universal masking apply.

To further clarify, we put together some guidelines for you to review. Please let us know if you have any further questions or concerns.

Guidelines:

- During strenuous physical activities in the PE classroom students **will not be required** to wear a mask.
- When directions or demonstrations are being given to the students in the PE classroom as well as transitioning or when they are not involved in strenuous activity, they **will be required** to wear their mask.
- If a student prefers to wear their mask at all times in the PE classroom they are allowed to do so.
- When outside for PE, it is the student's choice to wear their mask or not, based on their preference.
- If a student prefers to wear their mask at all times in PE, it is recommended that they bring an extra mask to put on after physical activity in case their first mask becomes damp or uncomfortable.

If you have any questions, please feel free to contact Mrs. Tomosieski (grades PreK-2 PE), Mrs. Danysh (grades 3-4 PE), or Mr. Merker (grades 4-8 PE).

Thank you for your understanding and cooperation!

Email:

[adanysh@mtarlington8.org](mailto:adanysh@mtarlington8.org)

[mtomosieski@mtarlington8.org](mailto:mtomosieski@mtarlington8.org)

[cmerker@mtarlington8.org](mailto:cmerker@mtarlington8.org)