

Hello PCK Families,

We in the PE department miss all of you, seeing you at carpool, and interacting with all the students throughout the day. We hope you and your family are doing well, staying safe, and are healthy in this crazy time. We have a ton of activities on our staff site, and we are constantly adding more things to do as a family. We will be adding a 12-week 20 minute workout everyday that can be done at home, without equipment, with the whole family. If you need ideas for getting active please email one of us and we will be happy to help.

Extra, tonight (Thursday, April 16) at 7:00pm, ABC will be hosting a Disney sing-along! This will be an hour-long program that covers some classic and contemporary films. Costumes are optional, but highly encouraged!

Stay healthy and happy, and we can't wait to see you all!

The PE Department

*Trevor Minshall*

*Travis Cruz*

*Heather Brownell*