



The Connecticut Association  
for Health, Physical Education,  
Recreation and Dance

August 2021

Dear Administrator:

I am sure you are already aware that the COVID-19 pandemic has illuminated the need for schools to consider students' physical, mental and social emotional health above all else. It's time to prioritize Health and Physical Education; our students' well being depends on it. Health and Physical Education is where students learn:

- Critical social emotional skills to help manage emotions and handle daily tasks and challenges;
- Important character values such as resilience, fairness, respect, equality and inclusion;
- Fundamental motor skills to participate in physical activity, which is vital at all ages and stages of life.

I am reaching out to you to share information about an innovative program called health.moves.minds.® This national program was developed by SHAPE America, Society of Health and Physical Educators, which combines educational objectives while giving back to the school and/or community. SHAPE America provides free teacher-friendly, student-friendly resources for your school and classroom needs. All program materials are complete for teachers and students in grades K-12, including full length lessons, supplementary materials and assessment tools. [Sample resources can be viewed here.](#)

The health.moves.minds.® program has already been implemented in some CT schools. The lessons and activities taught primarily in health and PE classes last year impacted the entire school culture in a positive way as evidenced by the reduction of school supports and interventions. [Watch some lessons in action here.](#)

Now, more than ever, the educational aspect of this program is so critical for our students and I am confident that you will find this program and it's curriculum resources to be a beneficial addition to your Health and Physical Education lessons. If you have any questions about the program or would like to know how to get started please feel free to contact [Amanda Amtmanis](#), our community service outreach coordinator.

Lastly, you can register for free now and start taking advantage of the resources located on [SHAPE America's website](#).

In partnership,  
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