



171 Oscawana Lake Road  
Putnam Valley, NY 10579  
<http://www.pvcsd.org>

Jamie Edelman, Principal  
Louise Frangella, Assistant Principal  
(845) 528-8092  
FAX (845) 528-8171

Dear Parents,

The PVES Physical Education department was awarded a grant through the Education Foundation to buy pedometers for an entire grade level. The goal of the Physical Education department is to have every child in the school use a pedometer for one month straight and record in their weekly log the number of steps they took per day. We want to encourage the children to become more active through exercise and play.

What is a pedometer? A pedometer is a motion-sensing device, which accurately records the number of footsteps you take.

When will the students wear their pedometer? A pedometer is designed to be worn at waist level directly above the side of either knee. Avoid any rough handling of your pedometer. This includes shaking, throwing or bouncing. The students will wear the pedometer from the time they wake up until the time they go to bed. At the end of the day the students will log the amount of steps the pedometer says on the sheets provided. They will then hit the rest button for the next day.

How long will my child have the pedometer before returning it? Your child will be responsible for the pedometer for 4 weeks. At the end of the 4 weeks, your child will return the pedometer to their physical education teachers and then another grade level will be able to use them.

What is the goal of the program? The goal of the program is to show children how active or inactive they are being. Researchers recommend children should walk approximately 10,000 steps a day. If your child falls below 10,000 steps in a day, hopefully in the 4 weeks that they have the pedometer, they will work towards this goal.

What is my responsibility when it comes to the pedometer? Your child is responsible for taking care of the pedometer for the 4 weeks that they have it. If it is lost, damaged or broken your child will need to replace it. The cost of replacement is \$5.00

Will my child be assessed on the amount of steps they take? Your child will not be assessed on the amount of steps they take. Completing the program and handing in their weekly logs will be included in their participation grade.

Thank you.

Mr. Kimball  
Mrs. Aurigemma/Mrs. Petranchik



# 1st Grade



## Pizza and Bingo Family Night

The PTA is sponsoring Bingo Night for the 1<sup>st</sup> Graders and their families.

**Date:** Friday, November 30, 2007  
**Time:** 6:30 PM to 8:00 PM  
**Location:** Putnam Valley Elementary School Cafeteria  
**Admission Price:** \$20.00 Per Family  
 (Admission will include bingo games, one 8 slice pizza and drinks for your family)

Don't Miss the Fun and **PRIZES**.

*If you have questions please contact Maria Zadrina (845) 528-9151*

**RSVP by Wednesday, November 21, 2007**

To RSVP please send this form in an envelope to school with your child no later than Wednesday, November 21st and address it to **PV PTA - 1st Grade Bingo Night**. Please include cash or a check for the amount of admission made out to PV PTA (please indicate your child's name/teacher on the note section of the check).

Child's Name: \_\_\_\_\_  
Phone #: \_\_\_\_\_

Teacher: \_\_\_\_\_  
Email address: \_\_\_\_\_

Number of Adults: \_\_\_\_\_

Number of Children: \_\_\_\_\_

Amount Enclosed: \$\_\_\_\_\_ (Checks payable to PV PTA)

\_\_\_\_\_ I will be able to bring a dessert to share

\_\_\_\_\_ I can assist with set-up or clean-up.