

# Active Classrooms Month Letters for Participation

## Teacher to Caregivers

Hello Families and Friends,

I am excited to announce that our class will be participating in Active Classrooms Month this February!

I have seen firsthand that active kids learn better. Classroom physical activity helps students feel better, work together as a team, reduce anxiety, and maintain focus. In our class, I use movement to help students learn new concepts and as a way to reenergize and refocus them before diving back into a lesson.

This school year has been challenging for all of us as we've juggled teaching and learning in new ways while doing our best to keep students safe and healthy. More than ever, our young people need time for movement as a way to keep them engaged with learning and with their fellow students.

This February, our class will be participating in Active Classrooms Month by joining live physical activity breaks, trying new activities, and sharing photos, videos, and ideas that show the impact movement has on students in a classroom setting.

One way that you can get involved at home during virtual learning is by joining [weekly physical activity boosts](#) on Tuesdays from 1-1:10 PM EST. These fun movement breaks will give you the chance to experience for yourself how movement during the school day can help energize and refocus. Click [here](#) to learn more about how to join each week!

If you're interested in learning more or getting involved, ask your child to show you some of the activities we've been trying this month and then check out the Active Classrooms Month [toolkit](#).

Let me know if I can answer any questions!

[YOUR NAME]

## PE Teacher to Classroom Teacher

Hello [TEACHER NAME],

I want to invite you to participate in Active Classrooms Month this February.

I have seen firsthand that active kids learn better, and research supports it. Whether it's in-person or virtual, classroom physical activity helps students feel better, work together as a team, reduce anxiety, and maintain focus. Movement in the classroom can be used to teach and reinforce academic concepts and to reenergize and refocus students before diving back into a lesson.

Sponsored by [Active Schools](#) and [Springboard to Active Schools](#), Active Classrooms Month aims to shine a spotlight on teachers and schools who incorporate physical activity into student learning. Teachers who are already incorporating movement into learning are encouraged to participate in Active

Classrooms Month by showcasing ways you integrate physical activity into our classrooms and highlight the positive impact movement has on students. Teachers who don't generally incorporate movement into classroom learning will have the chance to build their confidence and comfort with free easy-to-use actives and videos. Suggestions for how to be involved and learn from other teachers and national experts during Active Classrooms Month are included in this [toolkit](#).

All throughout February, Active Schools and Springboard to Active Schools will be hosting weekly live [physical activity boosts](#) Tuesdays from 1-1:30 PM EST for students, teachers, and caregivers and weekly [webinars](#) Wednesdays from 3-3:30 PM EST for school health leaders to learn from national experts – check out the [calendar](#) to see more. You can also be involved by sharing photos, videos, testimonials, ideas, or best practices that show the impact movement has on students in your classroom setting using the hashtag #ActiveClassrooms.

Let me what questions you have or how I can support your involvement in Active Classrooms Month!

[YOUR NAME]

