August 16, 2018

Dear Montessori Families,

You should have received a School Talk message from APS yesterday afternoon in regards to the new Virginia law that went into effect on July 1, which enables school divisions to increase available time for unstructured play and recreation in elementary schools as a part of the instructional day.

During the upcoming school year, all Montessori students will receive a minimum of 30 minutes of recess per day. This will be unstructured recreational time where children will have the opportunity to develop valuable social skills, such as teamwork, as well as partake in activities to increase their overall physical fitness. In addition to recess, students will be participating in physical education instruction. Our Primary Montessori students will received 60 minutes of physical education per week, while our Lower and Upper Elementary students will be receiving 90 minutes of physical education weekly. Please note that, previously, Lower Elementary was only required to partake in 60 minutes of physical education. The additional 30 minute increase means that our program will be providing 30 minutes more than the current mandate of physical education required for our first and second grade students.

The Montessori program is excited to incorporate these new changes to our curriculum. We recognize and support the need for children to have freedom of movement. We acknowledge the importance of exercise and look forward to observing the benefits our students will gain from this change, which is in line with the APS goal to meet the needs of the whole child. If you have any questions on the new policy and its implementation, please feel free to send me an e-mail.

Sincerely,

Catharina Genove

Principal