



NORTH
YARMOUTH
ACADEMY

Dear Parents,

As one of the units of instruction for Physical Education, we have the unique opportunity to skate in NYA's Travis Roy Ice Arena during class! We will be skating during one of our scheduled PE days, but will allow additional time for the walk over to the arena and putting on our gear. After Thanksgiving break, we will bring students over to orient them to the arena during one of our PE class sessions. We will head out on the ice after winter break and will skate weekly until March break.

Please note that all students will be required to wear skates, a helmet, snow pants or sturdy athletic pants, and winter gloves. Although we recommend a hockey helmet with a cage, any helmet that covers the back of the head (e.g. ski/snowboard or bicycle helmet) is acceptable. Students should wear gloves that will keep their hands from direct contact with the ice surface (winter gloves/mittens, hockey gloves, etc.). Students are encouraged to wear a light winter coat, and knee and elbow pads can be beneficial for new skaters.

If your son or daughter does not own skates, we have a few pairs available for use during class. Families do not need to go out and purchase skates for our PE class, but if you are already thinking of purchasing a pair, it would be great to have them when we return from winter break.

While we are on the ice, we will not be using hockey sticks or pucks. This time will be used to introduce new skaters to the ice and allow experienced skaters some time to free-skate.

For the kindergarten through fourth grade students, we would love to have interested parents or grandparents join us. It is a wonderful experience to see the students develop skills on the ice, and many hands help to make light work of tying all those skates! If you are interested in helping out, please contact your child's teacher for further details.

We are looking forward to sharing the wonders of skating with the students and hope that they are looking forward to this fun unit!

Sincerely,

Braden Heal and Marti Morton
NYA Physical Education