

École Alpha Secondary School

4600 Parker Street, Burnaby, BC V5C 3E2 604-664-8535 FAX: 604-664-8541 <http://alpha.sd41.bc.ca>

Thursday, January 12, 2012

Dear Parent(s)/Guardian(s),

You are receiving this letter as your son/daughter has either volunteered or has been asked by a Phys. Ed teacher to participate in a new project being offered through the Alpha Physical Education program. This project is looking at how much daily activity time students in grade 10 get in a semester with a Phys. Ed class and how much they will get in a semester without a Phys. Ed class. As such the project will be split into 2 stages (1 in the semester with Phys. Ed and the 2nd stage in the semester without Phys. Ed). This information provides invaluable information for each student, and gives them the opportunity to gain a deeper understanding of their current and future active lifestyle habits. As well, this helps the Physical Education department immensely in being able to discuss this confidential information with real life results and opportunities that can help them as they progress through high school and beyond.

These activity monitors measure all of the movements during the day and night, incorporating a pedometer like technology combined with an accelerometer to measure the speed of movement. This helps to organize the information into activity level categories that could be of great assistance for them in their understanding and ongoing recording of their DPA requirements.

In order to accurately record the information your son/daughter will be assigned a watch and will sign it out for the duration of stage 1 (semester with Phys. Ed lasting 1 full week). After the first stage is complete they will return the watch and the information will be gathered and shared with them. At a further point in the next semester they will be contacted to begin stage 2 measuring their daily activity time in a full week when they do not have a Physical Education class.

Your son/daughter will be thoroughly informed on how to use the watch and precautions to take. Also, please note that this project has no evaluative component for their current Phys. Ed course, but will provide them with further information and knowledge in order successfully complete their DPA requirements as they move out of compulsory Phys. Ed courses (Phys. Ed is an elective after grade 10).

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Summary of the Project

Stage 1:

Length of time- 1 full week (7 days)

Purpose-

- Measure the amount of daily activity time students achieve in a semester with a Physical Education class
- Personal reflection on current activity level and plan for next semester without Physical Education class to achieve their DPA

Stage 2:

Length of time- 1 full week (7 days during semester 2)

Purpose-

- Measure the amount of daily activity time students achieve in a semester without a Physical Education class
- Personal reflection on current activity levels as they relate to plan formed in stage 1
- Personal reflection on individual perception of achieving DPA without a Physical Education class

On behalf of the Alpha Physical Education department I sincerely thank you for taking the time to read this letter and consider your son/daughter to participate in this project. Should you have any questions or concerns about your son/daughter participating in this project please feel free to contact me at your convenience and I would be more than happy to speak with you. Please sign below if you give permission for your son/daughter to participate in this Physical Education project.

(Parent/Guardian signature)

Date

(Student Signature)

Date

Kindest Regards,

Mr. Josh Ogilvie

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