



Dear Parents and Guardians,

I'm excited to let you know that our class will be embarking on a new outdoor learning adventure this school year. Each week, we're going to take some of our lessons outdoors with physically active learning or PAL!

PAL is a teaching method in which curriculum outcomes are incorporated into engaging, physically active games and activities. Known as "ASK lessons", both the academic and physical challenge can be modified to fit the needs of all students in a class. ASK lessons happen primarily outdoors in the schoolyard, in locations that are accessible and safe for all students to participate. With ASK lessons, no one team wins by completing the lesson first, or getting the most answers correct. With ASK lessons everyone wins their learning!

Did you know that in the international research, PAL has been shown to effectively increase student daily physical activity, positively affect academic-related outcomes like academic achievement, classroom behaviour (time on task, focus), and overall mood and sense of enjoyment of school?

It's time for our class to give PAL/ASK lessons a go! If we can increase the amount of movement and play for each student in our class while also positively affecting their experiences of learning and school, then we've got nothing to lose and everything to gain!

**So, what does this mean for your child?** It means that they will be required to bring sufficient outdoor clothing to stay warm and dry from the weather. Nothing fancy required of course, and if you need some assistance getting anything for your child, please let me know. It also means that students may come home with fun stories of their learning, a little mud on their clothes, and they might even be a little more tired at the end of the day!

If you'd like to learn more about PAL and the NS ASK Project, please watch this video: <https://www.youtube.com/watch?v=QcesWKPyka0> or visit [www.nsaskproject.ca](http://www.nsaskproject.ca)

Feel free to reach out to myself with questions, or contact Britt Vegsund, Project Lead for the NS ASK Project at [britt.vegsund@modl.ca](mailto:britt.vegsund@modl.ca).

Sincerely,

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**I enjoy hearing my daughter talk about how her and her classmates are learning this year. The learning while playing is probably the greatest way to learn I feel. Sitting down gets old and kids get ants in their pants. She comes home happy, hungry and tired. Pretty amazing to see.**  
**(Parent)**