

A SAMPLE LETTER EXPLAINING POLAR ACTIVITY MONITORS TO PARENTS

Dear Parents

This year in physical education class all students will have the opportunity to use an activity monitor. Activity monitors provide feedback about the student's daily activity for the student, as well as for the teacher. Daily activity is recorded for each student wearing an activity monitor on their wrist. Activity monitors measure all of the movements during the day and night, and reward the student when the activity targets are achieved. If students wear activity monitors during the night, it is possible to follow their sleeping time as well.

The activity monitor provides invaluable information for each student, and gives them the opportunity to promote active lifestyle habits and exercise regularly. With the use of activity monitors, our students are now given credit for doing their personal best. Activity data from each day will be recorded for all students wearing activity monitors. Students will now have documented data about their daily activity and certainty that their efforts in physical education class do count.

We would like to offer all students the opportunity to purchase their own personal activity monitor. This activity monitor would be preset for their own individual use. An individual activity monitor gives the students a more personal involvement with the use of technology.

The cost of activity monitor is _____. This one-time investment means your child does not have to share the activity monitor with anyone else. If you should decide that this is an option you would like to choose, please inform the teacher about your interest to order a product.

Thank you for returning this form signed, and we look forward to an exciting school year using this new technology to bring safety, enjoyment and an individualized approach to daily activity. Stop in and we are happy to demonstrate how the activity monitors work.

Yours in fitness and health,