

Good morning!

We are so excited about our new Instagram page! Check out our Instagram page at:
[stmattsbears.cssd](https://www.instagram.com/stmattsbears.cssd)

This is my plan for the Instagram page...

Mondays: Post a workout

Tuesdays: Tip Tuesday/quote

Wednesdays: Post a workout

Thursday: Mindfulness (Paula)

Friday: Post a healthy recipe

I also will post a live story every day (click on the bear icon at the top of the page)...talking to students, encouraging them to be active, and allowing them to connect with us. My hopes are for teachers to share short videos with me offering advice, talking to students, and showing them what they are doing to stay healthy and happy during this time. Then I can post them on our IG page.

Let me know your thoughts...
and make sure to follow us!

Cara DeForest
Physical Education Teacher