

Dear Parents, Guardians and Students:



I'd like to welcome you and/or your child to my physical education class this semester! To help keep you up-to-date about classroom news and assignments, I've signed up for Remind this year. Remind is a free service that lets me send one-way messages via SMS, push notifications or email to everyone involved with the class. Remind will keep our phone numbers private, while making it a lot easier to stay in touch about the class. Signing up for my messages on Remind is a quick and easy process:

### TEXT MESSAGES & EMAILS

**STEP 1:** Simply text or email the following code for your class:

**Period 1**

Send this text: **@shspe1** to the following number: **81010**  
(or send an email to: **shspe1@mail.remind.com**)

**Period 2**

Send this text: **@shspe2** to the following number: **81010**  
(or send an email to: **shspe2@mail.remind.com**)

**Period 3**

Send this text: **@shspe3** to the following number: **81010**  
(or send an email to: **shspe3@mail.remind.com**)

**Period 4**

Send this text: **@shspe4** to the following number: **81010**  
(or send an email to: **shspe4@mail.remind.com**)

**Period 6**

Send this text: **@shspe6** to the following number: **81010**  
(or send an email to: **shspe6@mail.remind.com**)

**Period 7**

Send this text: **@shspe7** to the following number: **81010**  
(or send an email to: **shspe7@mail.remind.com**)

**Period 8**

Send this text: **@shspe8** to the following number: **81010**  
(or send an email to: **shspe8@mail.remind.com**)

**STEP 2:** Reply to the message from the Remind team with your first & last name, and you're in!

Trouble using 81010? Try this Remind number instead: **(240) 513-2238**

***\* Standard text message rates apply.***

You can opt-out of messages at anytime by replying, 'unsubscribe'