

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:

Weight Training:

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

Cardio:

Send this text: **@shscardio** to the following number: **81010**
(or send an email to: **shscardio@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'