

Grades 3–5 **May** Sport of the Month

Special Olympics



aquatics

Swimming is one of the most popular sports in the world. Unlike other sports, swimming is a life skill. People learn to swim both for safety and for sport. Swimming competitions include everything from short sprints to longer endurance events and relays. Special Olympics includes swimmers of all abilities, from strong, fast competitors to swimmers who are still learning.

Dear Family,

It is time for us to wrap up our yearlong Special Olympics study, and we'll be doing it in the best way possible: In class, we'll have a chance to meet with a Special Olympics athlete or coach. After the classroom visit, students will have a chance to take action to support Special Olympics athletes and events. Every student can become an active supporter of Special Olympics in our community—from making posters to attending events to cheer on the athletes!

We hope your child—and you and your family as well—have learned a lot about Special Olympics and people with intellectual disabilities this year. Check out local Special Olympics events and support the athletes whenever you can. Most of all, continue to foster an atmosphere of caring, acceptance, respect, and encouragement in your home. Together we've planted the seeds; let the lifelong lessons keep growing!

teacher signature

This month's theme: **taking action**

We'll begin the month preparing for a visit from a Special Olympics athlete, coach, volunteer, or representative. Then we'll welcome our guest to our classroom with a list of questions we've prepared in advance. One important thing we expect to find out is how we can best support Special Olympics athletes and coaches.

After the visit, our class will spend time brainstorming and developing ways in which we can show our support to the Special Olympics community and to people with intellectual disabilities. Finally, just as our school year wraps up, we'll spend time reflecting on what we've learned this year. The list of lessons is long, and their impact is lifelong!



What you can do:



You've been an important player in this year's Special Olympics lessons. While we're teaching students about respect, caring, acceptance, and encouragement at school, you have been reinforcing those lessons at home.

Even though the school year is ending, you can continue to reinforce these lessons and support Special Olympics. Start by checking out the Special Olympics website at www.specialolympics.org to learn about exciting events and opportunities. In fact, there's an entire section of the Special Olympics website dedicated to you, the fan and volunteer. You can find it at http://www.specialolympics.org/get_involved.aspx. Make it your goal to attend one Special Olympics event and cheer like crazy for the athletes. Your support, enthusiasm, and encouragement will do wonders in your family and in your community!