

# *JOHN LYMAN SCHOOL*

Regional School District 13  
P.O. Box 446  
106 Way Road  
Middlefield, Connecticut 06455

KAREN M. BRIMECOMBE, Principal

Telephone (860) 349-7240  
FAX (860) 349-7242

September 28, 2011

Dear Parents,

Your child will be taking part in the Connecticut Physical Fitness Assessment (CPFA) this October. This is a statewide test, beginning in fourth grade, which is administered every other year through tenth grade.

The test items include sit and reach, curl-ups (a modified sit-up,) push-ups, a one-mile run/jog/walk. The test items assess the performance objectives of flexibility, strength (abdominal and upper body,) and endurance (cardio-vascular).

The CPFA is part of the Strategic School Profile which must be submitted by the school principal to the State Department of Education each year.

All testing will take place during regular scheduled physical education and/or health class periods unless otherwise needed to meet the deadline. The test items will be administered by the physical education teacher, Jen Holland.

All third and fourth grade students will be tested. Fourth grade results are sent to the Connecticut State Department of Education, whereas the third grade experience better prepares students for next year. Exclusion from the testing requires a medical excuse from your doctor. If you have any questions about this issue please contact our school nurse, Karen Charpentier, at school (349-7416).

A copy of your child's individual test results will be included with your child's November progress report.

Sincerely,

Jennifer Holland

Karen M. Brimecombe  
Principal