 

My name is Michael Rheel and this is my third year at CFCI. I am certified in physical education, special education, and health. I graduated from West Chester University of Pennsylvania. I spend 3 years at West Chester studying physical education . Before West Chester, I attended Suny Orange in New York for 3 years studying Exercise Science. My favorite sport is baseball. My favorite sports teams are the New York Mets and Buffalo Bills. I still am not sure on my favorite college team. My Wife and I moved down to Wilmington in 2011. She currently is an EC teacher at Roland Grice. We are an active family that enjoys the beach, fishing, kayaking, running, and being together.

I will be teaching physical education and health to all K-8 students. I see grades K – 5 once a week for one hour. Middle grade students take PE everyday for 45 minutes for approximately 12 weeks. We follow the North Carolina Physical Education and Health Standards. We learn each standard and objective by being active in the gym and outside but also with some classroom work. We have so many different ways to meet our objectives. Sometimes we are active and sometimes we are not. Physical education is not 100% being physical, but also to sit down and learn and discover how our bodies work and how we keep our bodies healthy.

By the second week of school, all students need an index card. On the index card on the side with lines on it please write your child name, contact phone number, contact email, any medical conditions, any medications, any information that you feel that I may need to know. Only write on the lined side of the index card. I need one index card per student. Please do not put all 3 of your kids on one card if you have 3 kids that go to school here. Only I will have access to this information. This is for the safety of your child.

It is essential that ALL K-8 students wear closed toed athletic shoes. This includes tennis shoes, basketball shoes, running shoes. This DOES NOT INCLUDE boots, flip flops, sandals, hiking shoes, high heels. If I feel that the footwear a student is wearing is not safe for an activity than that student will sit out during physical activity. If a student is sitting out during an activity then it is possible they will not complete the daily objective. This was not enforced so much for K-5 but will be in 2013-2014.

I can’t wait to see all my kids from last year and can’t wait to meet our newest students. If you have any questions please don’t hesitate to call or email. I look forward to seeing you all very soon.

Mr. Michael Rheel

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