

MEET the TEACHER

Hi, I am Mr. Cardin. I am the physical education teacher at Main Dunstable Elementary School. I have been teaching physical education at Main Dunstable for over 20 years!! I love my job and I believe exercise and movement are important for maintaining a healthy lifestyle.



FUN FACTS

- I enjoy tennis, hiking and spending time outside.
- I have two boys named Brady and Bryce.
- I love watching and coaching my boys youth sports teams.

“Physical fitness is not only one of the most important keys to a healthy body. It is the basis of dynamic and creative intellectual activity.”

John F. Kennedy