

PE Tidbits For Parents

- * Please ensure that your child comes to school with proper footwear for P.E. time. Opened-toe shoes and shoes without back straps will not be permitted. While shoes with heels are cute, and crocs comfortable, they are not appropriate for P.E. activity time and are discouraged.
- * We ask that young ladies put on shorts under their dresses for their own privacy, and that all students consider the weather when dressing. P.E. is always held outdoors, unless severe weather
- * Students have P.E. everyday. It is a class with curriculum and policies. It is not play time or recess. We work very hard to develop good self-control and good sportsmanship. Although wrestling is good for the human spirit, we discourage it, as well as all horseplay during P.E. time.
- * The individual needs of your child are extremely important to us, especially in areas that will affect your child's ability to participate regularly. We thank you for your prompt response to our 'Health Concerns' handout.
- * Our schedule has changed this year with several classes occurring late in the day. We strongly encourage all students to bring water bottles out during P.E. to have access to water as needed.
- * Please know that your child will be assigned P.E. homework from time to time. Homework will be checked and contribute to the P.E. grade. Fitness testing takes place in September and April. Fitness scores will not contribute to the P.E. grade, although scores in the "Healthy Fitness Zone" will be encouraged and fitness goals will be set.
- * Please welcome the newest member to our team Mr. Michael Hammons. We are thrilled to have him on board and are already off to a great moving year.

Thank you for your support. Please feel free to contact us if you, or your child, has any concerns regarding P.E. throughout the year. Have a great year!

Mrs. Knight

Mrs. Lovett

Mrs. Long

Mr. Hammons

GO OUTSIDE AND PLAY!

