***P.E. 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 providing us information

 to help keep your child healthy, active, and successful.

\* We strongly encourage all students to bring water bottles to P.E everyday. We encourage

 hydration, water as needed, but water fountains are not always available in a timely

 fashion.

\* 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 August

 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.

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!

**GO OUTSIDE AND PLAY!**

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