

## **Dear Parents/Guardians and Student:**

**Welcome** to the Bernotas physical education program. We look forward to a positive and exciting new year working with you. The physical education program provides students with instruction and planned activities in the areas of fitness, dance, games, and a variety of sports (team & individual). Students will have opportunities to; learn about health concepts, improve their level of physical fitness, develop responsible decision making skills, manage increased responsibilities, expand positive social interactions, and gain an understanding of the value of lifetime fitness.

Parents/Guardians, you are the most influential and important person in your child's life. By respectfully working together to encourage responsibility, physical activity, and quality work, our aim is to help your child enjoy fitness and develop healthy lifestyle habits. Understanding and support of our expectations promote the message that we are a team working to encourage physical, cognitive, and social growth in each child.

Physical Education is very important to us, so we have implemented a new policy regarding parent notes in P.E. Please read the policy and if you have any questions or concerns, feel free to contact your child's P.E. teacher.

## **Parent Notes**

A student may be excused from Physical Education class, for medical purposes, for up to three consecutive days with a written excuse from a parent. If a student is ill or injured on the day of the class, he/she can still receive credit if the teacher is able to safely modify the activity/sport during that class period. Otherwise, the student will receive a zero for the day, but will be able to make up the missed days for full credit.

## **How to make up classes:**

The student will have the entire term to make up any classes they have missed. Make-up days will be on Monday, Tuesday, and Thursdays (the same days as the Activity Bus). Each make-up class is 30 minutes (2:20-2:50). Students will schedule a make up day with their P.E. teacher and report to their P.E. teachers office at 2:20, dressed and ready to workout. The workouts are designed to reinforce the health-related components of fitness: cardiovascular endurance, muscular strength, muscular endurance, and flexibility. One of the Physical Education teachers will be there to facilitate and supervise the students at all times.

Students will fill out a make up card that will need to be signed by their teacher at the end of the 30 minute session. It is the responsibility of the student to provide their teacher with the completed make-up card. At that time, the appropriate grade change will be made.

When students are dismissed at 2:50, a parent or guardian must pick them up or they must go to 10th Inning. All students must be accounted for and will not be permitted to wander the building unsupervised. If a student has another activity to attend (sports practice, band, chorus, etc.), they may go directly there after a P.E. make-up.

## **Doctor Notes**

A student that needs to be excused for more than three days, whether by a parent or by a medical professional, must have a written excuse from a medical doctor or medical facility. Students who are excused from P.E. with a doctor's note **DO NOT** have to make up missed classes.

If you are excused from physical education class, whether excused with a note from your parent or doctor, you will **NOT** be allowed to participate in similar events (after school athletic tryouts or activities, field trips, etc) during the excused period.

We invite you to talk with your child about what is happening in physical education class. Stay updated about the program and what students are doing by visiting our web page. If you have questions or concerns, please feel free to contact us during school hours by phone or email. We look forward to working together to promote a positive and rewarding P.E. experience for all. Thank you for your cooperation!

Sincerely,

The Bernotas P.E. Department