

# Welcome!

**Dear Parents/ Guardians,**

Dexter Middle School is looking forward to a wonderful and exciting year in the Physical Education and Wellness department. We have the privilege of interacting with your child everyday and want to make it the best experiences possible. Please help us by encouraging your child to be responsible and participate in all of the various activities we do in Physical Education. Please read this entire packet. It has important information that you should know about our classes. There is a sheet that must be returned signed by a parent or guardian before your child will be allowed to participate in Physical Education.

Your child will be in Physical Education two or three times a week and there are two teachers present. Michael Webb and Jessica King are the Physical Education teachers for the 2015-2016 school year.

You can contact Michael Webb at WebbMD@scsk12.org.

You can contact Jessica King at KingJE2@scsk12.org.

### **Procedures for Physical Education classes:**

- Students will enter the gym and sit on their designated spot for roll call
- Students will be allowed 5 minutes to change before and after class
- Each student will be required to dress out in appropriate attire each day.
  - **Athletic wear: T-Shirt, Shorts (knee length), socks, and sneakers.**  
**No school clothes will be worn during Physical Education.**
- After changing, the students will sit back on their spot and wait for instructions.
- Students are responsible for handling the equipment properly and picking it up before leaving.
- No gum, candy, food, or outside drinks allowed in the gym.
- Respect must be shown towards administration, teachers, and other students at all times.
- Sportsmanship is a key quality that is required throughout all activities.
- Full participation during each activity will be required throughout the year.
- Take off and secure all jewelry before leaving the locker room.
- Do not bring any valuables to class at any time. We will not be responsible for lost or stolen items. \*Lockers are available for students to use during class. Students should bring a lock to use during class and take everything with them when they leave\*
- The administration and/or school resource officer will be notified and deal with vandalism or theft in the gym.

Dexter Middle School is proud of its Physical Education department and supports it in its attempt to teach the importance of lifelong physical activity and fitness.

## Participation and Dressing Out

Physical Education class is an essential part of the school year. We are here to provide each student the skills and knowledge necessary to stay healthy and physically active for a lifetime. Coming prepared for each class in appropriate attire is so important to achieve this goal together. If a student does not bring the proper clothing, there will be steps taken to ensure they remember to come prepared. We meet two to three times a week and it is imperative that students receive proper time in class to help them accomplish the objectives.

### Dressing Out:

- **REQUIRED** gym clothes for every class
  - = t-shirt, shorts (knee length), socks, and sneakers
- No zippers, buttons, or snaps for safety reasons
- No leggings, tights, heels, sleeveless, tank tops, or cut shirts are to be worn.

If a student does not bring the appropriate clothing or does not participate, he or she will follow these consequences:

	<u>Grade</u>
➤ 1 - Sign the book/ warning/ health work	70
➤ 2 - Sign the book/ health work	60
➤ 3 - Sign the book/ call home / health work	50
➤ 4 - Sign the book/ Call home for conference/ health work	50

The students will have an opportunity to complete health work during class time to receive the above grade. If the student signs the book up to 5 times or more, this will be seen as willful disobedience, the student will be given a zero, and a referral will be given. We appreciate your help in making sure every student comes prepared each day they have Physical Education.

\*\*\*All PE classes will participate in writing activities. A spiral notebook or a binder with paper inside is **required** to bring to each class. The various assignments will be 10% of the daily grade given.

**Excuses from Activity:**

A student may be excused from activity with a note from a parent for no more than 2 days. A note does not excuse the student from dressing out for gym. The student must dress out for class. Excuse notes must include the student's name, date, nature of illness or injury, parent signature, and a phone number. An alternate activity will be given to the student, such as an activity report, in order to earn a grade. A doctor's note will be required to withdraw a student from activity for an extended period of time.



Horseplay is a serious issue and it will not be tolerated before, during, or after class and if it involves an accident, the school is not liable. If a student is hurt during an activity, we will contact the parent/guardian and take certain actions to make sure the student is safe.

We are looking forward to a great year. Please help us encourage your child to be responsible to keep everyone safe and enjoying Physical Education.

Thank you,  
Coach King and Coach Webb

Shelby County Schools offers educational and employment opportunities without regard to race, color, national origin, sex, or disability.

**Dexter Middle School - PE**  
**Health Limitations Form - 2015-2016**

Please list any reasons why your child should be excluded from or have his/her physical education program modified. All limitations must be on file before a student can participate. Thank you.

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It is our goal to create a well-balanced physical education program for your child to enhance their physical fitness. Please encourage your child to be responsible and participate. Sign and return this letter with your child stating that you and your child read and understand the attached letter concerning grading, gym procedures, and the importance of dressing out. Thank you.

Student's Name (Please print): \_\_\_\_\_

Student's Signature: \_\_\_\_\_ Grade \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

Phone Number

(cell): \_\_\_\_\_

(home): \_\_\_\_\_

(work): \_\_\_\_\_

Date: \_\_\_\_\_