

PLEASE Read - Sign below (signing verifies that you have read this not that you have to agree)

RONAN MIDDLE SCHOOL HEALTH AND PHYSICAL EDUCATION DEPARTMENT **LETTER**

We are looking forward to working with you and your child during this school year. The program includes units in physical fitness and health. The following expectations and regulations will aid us in making the program in Health and Physical Education a safe and rewarding experience for your child. If you have any questions regarding this letter, please call us during the school day at 676-3390. Information may be available on school website at www.ronank12.edu

- **MAKE-UP** - for any Missed or Non-participation PE class period is a completed RMS PE Make up Sheet. This assignment may be found on school website & done on the yellow worksheet, regular notebook paper, or through google docs. Assignment choice must be noted & student and guardian contact information included. COMPLETION of this RMS PE Make up Assignment and turning in is student's responsibility and due 1 week prior to mid-term for 1st half of qtr. & 1 week prior to end of qtr. for credit.
- **PE CLOTHES** - students will wear short or long sleeved t-shirt; shorts or sweats; clean, non-marking, rubber soled tennis **shoes**; socks; and bringing a towel (optional). Designer clothes are discouraged. A warm-up suit, jacket or sweater may be worn during outside classes, as directed by the instructor. An incomplete dress-out will cost the student's points on their daily grade. Remove jewelry, sweatshirts or jackets with pockets, zippers and hoods during class when indoor. **NO DRESS may result in a ZERO for the class period.**
- **NOT DRESSING OUT** - Students who do not feel well will dress out and perform in a limited capacity. A student may be excused from activity **ONLY** with a note from a doctor. Then a doctor's note will be needed to release student back to PE participation. **All other no dress may result in a ZERO for the class period**
- **EXTRA ITEMS** - Headwear, food, drinks, candy, gum, drinking bottles, glass bottles, jewelry, toys, electronic devices, cell phones, or extra clothing will be asked to be removed from the gym or PE locker room or PE locker at any time during the school year school day, and could result in the student being tardy to class. Drinking fountains are available.
- **PE LOCKER** - Students will be assigned a PE locker and **MUST SUPPLY** their own lock for their PE locker. Combination locks are recommended and the combination or extra key **must be given to their PE teacher.**
- **VALUABLES** - All valuables such as your regular shoes should be locked in the gym locker during PE class. **The best way to avoid having items misplaced or stolen is to keep your locker locked and locker combination between you and your teacher.** Leave valuables at home or in your grade house locker locked up.
- **LOCKER ROOM** - The locker room can be a very busy place and should be used for dressing only. **NO Horseplay** at any time. Students choosing not to dress-out must stand by the bulletin board close to teacher's office at all times while in the locker room.
- **START & END PE CLASS PERIOD** - Students will have **FIVE minutes** at beginning & end of class **Students must wait in the locker room until instructed to leave or the bell to end the period rings.**
- **HAIR & JEWELRY** – Hair will be pulled back out of student's eyes during class time & any dangling jewelry will be removed.
- **REFOCUS** – The use of inappropriate language may result in a verbal refocus, or an assigned a number of pushups to complete. Refusal to comply with the teacher's REFOCUS prompts or other expectations may result in being assigned a REFOCUS form to complete. Refusal to complete the REFOCUS form in timely manner may result in a discipline action with the office.
- **PE GRADING:** Students start each RMS HE/PE class period with all possible points. Student may lose points
 - -25 pts. **TARDY** to class
 - -25 pts. Inappropriate **CITIZENSHIP** or Behavior in class
 - -25 pts. Lack of **PARTICIPATION** (unwillingness)
 - -100 pts. Improper **DRESS** or incomplete dress for class or **NO dress**, which cannot be made up
 - -100 pts. **ABSENCE** or **Non-PARTICIPATION** from class (raise grade by completing RMS PE Make up sheet)

Keep top portion for your records. Turn in Bottom portion with signatures to RMS PE Teacher for credit

PLEASE SIGN THE PORTION BELOW AND RETURN TO YOUR RMS HE/PE teacher with YOUR STUDENT.
Signing HE/PE expectations and regulations means ONLY that you have read the above information.

(PRINT Student First & Last NAME)

(HE/PE PERIOD)

(Student Signature)

(Date)

(Parent/guardian signature)

(Date)

(PE Teacher's initials)

(Date received)