

LeyVa Middle School PHYSICAL EDUCATION Questions & Answers



Student's Name: _____

Welcome to LeyVa Middle School and our physical education program!!! During the first week of physical education students have many questions. Your teachers have put together this information sheet just for you. We are sure that you have many more questions and you are encouraged to ask them at appropriate times. Please be sure to have your parent or guardian to **sign the back of this sheet.**

What do I wear for Physical Education?

Just as important, **WHAT DO YOU NOT WEAR!** And that would be ANY OF THE CLOTHES YOU WORE TO SCHOOL THAT DAY! This also includes SHOES!



- Wearing slip-ons, i.e.: Toms, Mary Jane's, moccasins, boots, slippers etc., are **NOT PERMITTED!** If your teacher catches you doing this it could result in an automatic dress cut, which in turn results in a lower P.E. grade.
- At LeyVa Middle School students dress in their physical education uniforms **EVERYDAY.** This is necessary in order to move freely and safely during P.E. class. See the P.E. uniform order form for what is available and the cost of each item.
- All students must wear a T-shirt, shorts, (or sweat pants), and sport shoes, and appropriate socks; which should be brought to school and left in their locker and **used ONLY for P.E. or after school sports.**
- In addition, all shoes must be securely fastened (laces tied, velcro fastened, zippers zipped, etc.)
- **Sweatshirts are highly recommended for the cold months** and must conform to school colors and be free of logos, advertisements, or designs of any kind.
- All P.E. clothes must be marked in class with your name.
- If you do not wish to purchase a school uniform, then all **WHITE, PURPLE, GOLD/YELLOW, and/or ATHLETIC GREY shirts, shorts, and sweats are acceptable.**
- Clothes should be taken **home on Fridays** to be washed and **returned on Mondays.**

**If there are any problems obtaining a uniform, speak individually to your teacher.

Does each student get a separate locker?

Yes, we are fortunate at LeyVa to be able to provide students with their own P.E. locker.

- Lockers are to be used for **P.E. items only** (NOT personal items, such as clothes, binders, books, etc.).
- **P.E. lockers are ONLY to be used during P.E.** (you will not be allowed access to the locker room any other time).
- Each student **MUST HAVE** his or her own **COMBINATION LOCK.** Locks are for sale in your P.E. class for \$5.00 each.
- Lockers need to be treated with respect and care. Failure to respect the lockers will result in loss of locker room privileges.
- **Evergreen School District assumes no responsibility for any lost or damaged property while the student is using the locker.**

- **BEWARE AND DO NOT GIVE OUT YOUR COMBINATION.**

How Am I Graded In Physical Education?

Your grade in physical education is determined by how well you participate and your personal responsibility in class (i.e. dressing out). You will be assessed in the following: PARTICIPATION, EFFORT, PHYSICAL AND OR WRITTEN TESTS, FITNESS IMPROVEMENT AND NEW SKILL DEVELOPMENT. **Dressing out is mandatory.** Loaner clothes are available. Refusing to wear loaner clothes will result in a referral to the student center.

What If I Am Not Feeling Well?

Please talk to the teacher about how you are feeling. We will and do listen! However, since you are still at school, you will be **required to dress out in your P.E. uniform** and participate in a modified activity.

What If I Have A Medical Excuse?

A **note from your parent or guardian will be required** for you to be excused from active participation in class activities. A note DOES NOT excuse you from attending class, participating in activities that you may safely handle, or dressing out in FULL P.E. UNIFORM. The note must include a parent/guardian signature, cell/telephone number we could reach you if we have any questions, the student's name, and how many days you want the note to cover. The note may be honored for up to three days depending upon how severe the medical problem is. **Anything over three days requires a DOCTOR'S note.** A DOCTOR'S NOTE must be placed on file with the school nurse. Before school begins the student needs to take the doctor's note to the Health Office. Even with a doctor's note the student is required to dress out, unless under certain circumstances it is difficult to change clothing.

Parent or guardian comments, questions, or concerns. Please include any medical problems or limitations.

Student Signature _____

Parent/Guardian Signature _____

Thank you,
The LeyVa Physical Education Team:
Mr. Ash, Ms. Buswell, Mr. Hanano, Mr. Spencer

You may contact your student's P.E. teacher by emailing them at the following addresses:
lash@eesd.org, abuswell@eesd.org, whanano@eesd.org, dspencer@eesd.org