

**FIRST UNITED METHODIST SCHOOL and CHILD CARE CENTER**  
**Physical Education Class Policies**  
**2017 - 2018**

### **Clothing and Footwear**

Students are required to wear athletic shoes that follow dress code and provide adequate support for the foot and ankle on their PE days. All other types of shoes (Converse, Vans, dress shoes, etc.) are not acceptable. Students will sit out during class if shoes are deemed inappropriate and may lose daily points for participation. A reminder notice will be sent home if this happens.

Students must wear the required Sir Walter uniform top and shorts/pants/capris for PE class. Skirts, skorts and jumpers are not permitted. Students not dressed appropriately will sit out during class and lose daily points for participation. No Uniform Passes – please wear non-restrictive clothing (i.e. no jeans.) If deemed inappropriate, student will sit out.

### **Illnesses and Injuries**

Students will only be excused from PE when there is a note and/or email from a guardian or a doctor concerning the illness or injury. The student is responsible for bringing the note to class. If there is no note, the student receives no participation points for the day. The student has until the next class to bring in a note to excuse them. If a student asks to sit out due to a headache, cold, injury, etc., a note will be sent home. The student may also sit out for recess. If a student is injured/not feeling well during class, the appropriate action will be taken and no points are deducted.

### **Water Bottles/Hair**

The playground water fountain is available at set times during class. Having the students bring a labeled water bottle is still preferred. (Please no glass or noise making bottles.) Water bottles are available for purchase for \$1 each. All proceeds will be used to purchase additional Physical Education equipment.

Students with shoulder length hair or longer are highly recommended to have their hair off their neck and away from their face during class. (Scrunchie or ponytail band.)

### **Health Form**

In order for your child to participate in PE and Recess, the Health Form must be completed, signed, and turned in prior to their first day of school. If your child has a chronic or serious health problem (other than colds, etc.) that may affect their ability to participate in any PE activity, please fill out the information requested. It is your responsibility to keep the office and staff informed of any and all changes. All information is kept confidential.

**Please update the PE Health Form if a change occurs in your child's health.**

Thank you,

**First United Methodist School Mission Statement**

Roxanne Robertson  
Physical Education Teacher

To instill within the student/child a sense of  
responsibility for continuous Christian and  
intellectual growth in a nurturing environment.

# Physical Education Health Form

Your child will be unable to participate in PE and Recess if this form is not on file.

Please Print

Student's Name \_\_\_\_\_

Grade for 2017 - 2018 School Year \_\_\_\_\_

If your child has NO known medical problems, check here \_\_\_\_\_

Please update this form if a change occurs in your child's health.

Known health conditions (Food, Medical, and/or Environmental):

Asthma \_\_\_\_\_ Allergies \_\_\_\_\_ Type \_\_\_\_\_

Other \_\_\_\_\_

Precautions \_\_\_\_\_

Specific care in case of an emergency \_\_\_\_\_

Preferred hospital \_\_\_\_\_ Phone number \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Permission to Render First Aid

I hereby give permission to any staff member of First United Methodist School to use any of the following needed on my child for Basic First Aid:

Antiseptic Towelette

Band-Aids - Adhesive Strips

Eye Wash

Anti-Itch Cream

First Aid Cream

Hydrogen Peroxide

First Aid Spray

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

Contact Number \_\_\_\_\_ Home Work Cell Beeper

Miss Robertson is certified in First Aid, CPR, AED, and Bloodborne Pathogens.