



## **Dakota Hills Middle School Physical Education Program**

Dear Parents and Students:

We are looking forward to a busy and productive year in Physical Education! Students in grades 6-8 will be involved in Physical Education activities on alternating days throughout the school year. The following information details the requirements for participation.

It is required that each student change from school clothes into safe and appropriate gym clothes. It is the responsibility of each student to bring these items to class so they can participate fully in Physical Education activities.

Suggested items for activity in Physical Education class are:

- Gym Shoes
- Gym Shorts
- T-Shirt
- Warm-ups

The following items are not allowed:

1. Hats – no hats allowed except during outdoor winter activities
2. Headphones or ear buds
3. Jewelry
4. Gum/Candy/Pop

Showers are recommended after most activities.

Each student will have the use of a locker during the hour they are in Physical Education only. Students will need to supply their own padlock. Security of valuables cannot be guaranteed; therefore students should leave valuables in their main locker and should always lock street clothes, etc., in their Phy. Ed. Locker.

Minnesota state law states that there are no permanent excuses from Physical Education. Students who are injured or ill are often able to participate on a limited basis. If your child must be excused from activities, a written note must be presented to the school nurse. A doctor's note must be submitted for a long-term illness or injury. There are alternative Physical Education activities for students with limiting conditions.

Please feel free to call the Physical Education Department at 651-683-6800 if you have any questions or concerns regarding our program. We appreciate your interest and cooperation, and look forward to a great year at Dakota Hills Middle School!

Sincerely,

DHMS Physical Education Staff