

MONTERA MIDDLE SCHOOL
PHYSICAL EDUCATION DEPARTMENT POLICIES & PROCEDURES 22

Dear Students, Family members and Parents or Guardians,

Montera PE strives to strengthen the integrity of students by promoting the concepts of athleticism, health, good sportsmanship, collaboration, engagement, honesty, and quality data driven academics. Montera has as its mission to promote a healthy lifestyle throughout one's lifetime. These priorities advance the highest principles of the middle school experience, character and good citizenship.

Please read and return the signature page only. Thank you.

Physical Education Staff

Boys' office - 510-482-7185

Mr. Peters, Mr. Ford

Girls' office - 510-482-7170

Ms. Ramos

UNIFORMS FOR BOYS AND GIRLS

1. Each student will dress and participate in P.E. beginning in August/September.
2. Do not wear school clothes underneath PE UNIFORMS. You will lose points!
3. **MONTERA PE UNIFORM:**
 - a. Shorts - Black ATHLETIC shorts or Montera TORO gym shorts only.
 - b. T-shirts - White T-shirts or Montera TORO T-shirts only.
 - c. Sweats - Black sweatsuit or black sweatsuit with the Montera Logo.
 - d. Shoes - Athletic shoes, any color, with laces or Velcro (no slip-ons).
 - e. **FULL ATHLETIC ATTIRE.**
4. Please write your name on your shorts and t-shirts – last name, first name. Use black permanent ink.
5. Email gear@monterapto.com to purchase a Montera TORO uniform.
6. **If there are extenuating circumstances regarding the uniform, please contact the P.E. teacher.**
7. Montera school wide dress policy will be enforced.

LOCKS, LOCKERS AND LOCKER ROOMS

1. Lockers - Each student is assigned to a small and long locker for storing PE Materials. Locks - Students may provide their own master combination lock, or Montera PE will lend a lock. A \$6.00 dollar fee will be charged for a lost Montera lock, and a new lock will be issued.
2. Theft -To prevent theft, students should not give anyone his/her locker combination. Do not bring valuables into the locker room. **LOCK ALL POSSESSIONS IN YOUR LOCKER AT ALL TIMES.** The P.E. Department is not responsible for lost or stolen items.
3. **Wash hands/sanitize before and after Instruction.**
4. **PLEASE PRACTICE LOCKING AND UNLOCKING YOUR LOCK WITH A PARENT OR GUARDIAN AT YOUR RESIDENCE.**

MEDICAL EXCUSES

1. Excuses from 1-5 days require a note from a parent or guardian.
2. Excuses from 6-10 days require a note from a doctor.
3. PE REST Excuses for more than 10 days require a note from a doctor. During PE rest you will be assigned an additional graded assignment and be excluded from physical participation.
4. Injured and sick/ill students will be placed on PE REST for safety precautions, to heal and complete upcoming graded assignments.
5. Any student with a cast or crutches will automatically be placed on PE rest. Only a doctors not will clear you.

SCHOLARSHIP GRADE

1. 70% of the grade will be based on dressing, **participation**, and attendance.
2. 30% of the grade will be based on skills tests, demonstrations, written tests, and/or homework assignments. Late assignments may not be graded and are at the teacher's discretion.
3. Unexcused suit cuts will be penalized.
4. Absences – Must be cleared with a valid excuse. Unexcused absences = 0 points for the day.
5. Extra credit – At teacher's discretion.
6. **Grading scale – A = 90-100%, B = 80-89%, C = 70-79%, D = 60-69%, F = below 60%**

CITIZENSHIP GRADE (Outstanding, Satisfactory, Needs improvement, Unsatisfactory)

1. All Montera school wide rules will be enforced.
2. Failure to abide by rules and regulations will result in a lower citizenship grade. If a student has to sit out of daily P.E. activities because of an infraction, he/she will lose participation points. Any behavior that is potentially dangerous may result in suspension from class and an Unsatisfactory grade in Citizenship.
3. No backpacks in the PE area.
4. No food or drinks allowed in all PE areas. Water bottles may be allowed upon teacher notification.
5. **Must clear absences and tardies with a note from parents and pass from the office.**
6. No cell phones in the PE area. (Montera Yonder Policy).
7. Students must conduct themselves in a safe manner.
8. Upon leaving the locker room, report immediately to **roll call** and be seated before the teacher arrives.
9. The following misbehaviors may reduce student's Citizenship grade:
 - A. Bullying, harassment and violent behavior.
 - B. Personal sports balls are NOT ALLOWED IN THE PE AREA DURING CLASS TIME. They may be confiscated and held for a determined amount of time. Parents may be required to pick up personal equipment.
 - C. Unsportsmanlike conduct. Conduct detrimental to the class.
 - D. Disrupting class and neighboring classes.
 - E. Disrespecting adults or peers.
 - F. Using inappropriate language.

SIGNATURE PAGE

TECHNOLOGY, APPLIED SCIENCE and NETWORK

1. **Video Transcription and Digital Use:** Educational, Credentialing (*CalAPA*, BTSA, CalTPA, EdTPA, Internship, Induction, etc.) and Professional Development purposes only.
2. **Schoology:** All PE teachers will use the Schoology network. Students are expected to use Schoology to keep track of PE assignments, conferences and expectations.
3. **Google Classroom:** An online platform used to interactively engage in savvy and safe digital learning. To connect, to be creative and to collaborate. Zoom conference meetings, google docs, flip grid, jamboard, etc.

COVID-19

1. Please note that this is uncharted territory - but this is your learning and your education and your continued efforts are highly appreciated. We are relying on students to be active and communicative to get the most out of this time that they can.
2. We recognize that the COVID 19 pandemic is an ongoing, rapidly developing situation and we will adjust instruction to comply with changes in district policy. We are all in a state of uncertainty as we navigate through the coronavirus together.

Please complete with signatures, remove/tear and return

I/we have read and understand the MONTERA PHYSICAL EDUCATION POLICIES AND PROCEDURES CONTRACT and have discussed them with my child.

Student _____ Grade _____ Period _____

Parent/Guardian _____

Parent/Guardian Contact phone number _____

Emergency contact Phone Number and Email _____

Does your child have asthma? _____ yes _____ no

If so, is there an Asthma Plan filed with the school nurse? _____ yes _____ no

Does your child have any allergies? _____ yes _____ no

Does your child have heart abnormalities? _____ yes _____ no

Please contact Nurse Hurt or (administrative office personal) for any health conditions that may be informative:
elizabeth.hurt@ousd.org

Notes regarding your child: