

Bret Harte Physical Education Handbook

PE Dress Code

Shorts and Shirts:

- Each student must have physical education clothing (shirt and shorts) in the SJUSD colors – NAVY BLUE and/or ASH GRAY.
- All clothing must be in solid colors – no prints, florals, stripes, or logos other than school related are permitted.
- The gym shorts may have an elastic waistband only.
- Socks and supportive tennis shoes are to be worn every day to class.
- Tennis shoes must have laces or Velcro fasteners – no 'slip-ons' allowed.
- Except for regular undergarments, no other clothing (tights, sweaters, jackets, etc.) may be worn under/over PE clothing.
- PE clothing is to be kept clean. Students are expected to take clothing home and launder it at the end of each week, and return with it clean on the first day of the following week.
- New PE clothing (for boys and girls) can be purchased at California Sports Designs(2878 S. Bascom Ave., phone number 559-1888). Used clothing may also be purchased at a discounted price through the PE department if available.

Sweats:

- Sweatshirts and sweatpants are NOT required as part of the PE attire; however, sweats may be worn OVER PE clothing during colder weather (teacher discretion).
- When used, sweats must be PLAIN and in district colors (navy blue/ash gray). Bret Harte sweats are also acceptable.
- Sweats must be labeled the same way as regular PE clothes.

Labeling PE Clothes:

- All students must label ALL their PE clothes. First name should be printed on the upper half of the name bar, and last name should be printed on the lower half of the name bar.
- If a student writes, draws, or marks on his/her PE clothing in any other way, or if it becomes ripped/torn, it must be replaced.

Loaner Clothes:

- If PE shirt or shorts is forgotten, the student will be required to wear 'loaner clothes' so that he/she can still participate in class. 'Loaners' are laundered each week by the PE department.
- If PE attire was simply left in a previous class, students will not be allowed to retrieve them as it often causes disruptions to that class. 'Loaner' clothes would need to be worn.
- At teacher discretion, points may be deducted from student's grade, or trash duty may be assigned if the 'loaner clothes' system is overused by the student.
- Students must check out 'loaners' at the very beginning of class, and return them at the end of class. Backpacks will often be held as collateral until 'loaners' are returned.

Policies on excusing students from PE activities:

- SJUSD Policy states that all students who are physically capable of doing so shall participate in physical education class. If a student has any kind of running limitations, such as asthma or Osgood-Schlatter, that student needs to have current medical documentation filed in the health office. Documentation must be updated each September.

Parent / Guardian Notes:

A note from a parent/ guardian will excuse a student from class participation for a maximum of 3 days (a note is valid for one day unless otherwise stated in the note).

- Notes should include: student's name, date, number of days to be excused, reason for the excuse, parent/guardian signature, and any modifications that can be made or ways in which the student can still participate (i.e. – Right arm is injured, but still able to run and use left arm).
- Notes must be presented to the teacher before class starts on the day of the illness.
- Students are still required to 'dress out' for PE even if he/she has a note.
- Students will be expected to participate when no written excuse is presented.

Doctor's Notes:

If a student needs to be excused for more than 3 days, he/she must bring a note from the doctor:

- Doctor's notes should include: student's condition, restrictions/limitations, modified activities allowed (i.e.- can bounce ball right handed, but not with the left), and the duration of the limitations.

- The Doctor's note needs to be presented to the teacher before class starts, as well as to the health aide's office.
- The student would still participate in all other class activities.

Absense and Make-up Policy:

When a student is absent from class, his/her grade can be affected due to missed instruction, skills practice, homework, fitness activities, or written tests for that day. It is the student's responsibility to meet with the teacher or a 'study buddy' to find out what he/she missed. The student is also responsible for initiating the scheduling of any make-up work with the teacher.

Lost and Found:

PE clothing and personal items are often lost when students: leave clothing/belongings on top of benches or lockers, do not securely lock their lockers, tell other students their locker combination, or do not properly label their clothing. If something is lost, it is the student's responsibility to check daily in the designated locker room 'lost and found'. In the meantime, students may wear 'loaners,' but after a 5-day grace period, new regulation clothing must be purchased. After 2-weeks of an item not being claimed from the locker room 'lost and found', it will be moved to the cafeteria 'lost and found' near the stage.

Locker Room Rules and Procedures:

Each student is expected to comply with the following:

- Be inside the locker room before the tardy bell rings.
- Be dressed, out of the locker room, and sitting on your roll call number no later than 5 minutes after the tardy bell rings.
- Keep your locker closed and locked at all times.
- Use the waste cans for all trash.
- Immediately report any injuries/faulty equipment to the teacher on locker room duty.
- Be silent when announcements come on so that important information can be heard.
- Wait for the teacher on duty to dismiss you from the locker room at the end of class.

The physical education department provides a safe, healthy, and clean environment for all students; therefore, students will not be allowed to:

- Have food or drink beverages in the locker room.
- Have glass containers in the locker room (cologne, glass mirrors, etc.).
- "Horse-play" at any time in the locker room.
- Write on or deface any surface in the locker room.

- Share PE clothing or lockers with other students.
- Display improper behavior such as spitting or the use of foul language.
- Enter the locker room when it is unattended without teacher permission.

Student Expectations:

As a part of our efforts to build self-esteem and responsibility in young adults, each student is expected to:

- Perform all activities to his/her maximum ability.
- Show a desire to improve his/her performance.
- Demonstrate the positive qualities of a leader (responsibility, drive, enthusiasm) as well as a follower (adhering to directions given by student leaders/teachers).
- Exhibit good sportsmanship during all activities, win or lose.

PE Department Discipline Plan:

If a student chooses to break any rules or procedures in the Physical Education Handbook, Bret Harte School Handbook, or the SJUSD Handbook, appropriate consequences will result. Consequences are dependent upon the frequency and severity of the rule(s) violated and are ultimately decided upon by the teacher, and if needed, the administration. Consequences may include, but are not limited to:

- A verbal warning
- A phone call to the parent/guardian.
- Detention.
- A referral to administration or to the Responsibility Center.
- Suspension from class/school.
- Other teacher-directed consequences.