Physical Education

Calhoun Middle School

Dear Parent/Guardian,

I would like to welcome you and your student to our Physical Education class here at CMS. I am looking forward to teaching your student and would like to take the opportunity to inform you on what can be expected from my class this year.

UNIFORMS: Your student will need a uniform for use during the school year. The cost of the uniform is $20.00 for a t-shirt and shorts.. This uniform is the personal property of the student and will include a place for the student's name on the shirt and shorts. Uniforms will remain here at the school and I will personally be washing them with unscented gentle detergent.

If at any time an article of this uniform is lost, it is your student's responsibility to replace it by paying a fee of $10.00 for one item and/or $20.00 for two items. Replacement uniforms will be purchased directly from their teacher; not the online store.

Your student will also need tennis shoes; these can be kept in their gym locker to assure that they will have these each day for use. Shoes that are not acceptable include but are not limited to: flip-flops, dress shoes, sandals, boots, and others that the teacher feels are unsafe for use during PE. Deductions will be made in their grade for not wearing their appropriate uniform or approved shoes. If you have a question or concern about uniforms and/or shoes, please ask your teacher before wearing the items. Grading will be further discussed in a later section.
*Uniforms need to be purchased as soon as possible via the online store. Details on ordering are under the next section.

ORDERING UNIFORMS: The PE Uniform Store can be accessed several different ways. You may type the link below into an internet browser. You may also access the link on the school's website, the school Facebook page, and the school's Instagram page. Uniforms will be ordered online and shipped to the school. I will pass them out to the students once they arrive. It takes roughly 2 weeks for delivery after the store closes on August 24th. You must order online by that time.

https://bsnteamsports.com/shop/CMSPE26A

LOCKERS: Each student will be issued a gym locker for use during the year. Their uniform is to remain in this locker when not in use. Each student is required to purchase a lock with a combination. No Key Locks!! Only your student and I will have access to the combination.

Students are NOT ALLOWED to share lockers with each other or give out their combination to another student. This is how numerous uniforms and other personal possessions go missing. No food or drinks are allowed in the locker room area.

HYGIENE: I recommend, but do not require, your student to keep some personal hygiene items on hand throughout the year in their PE locker. Items for boys and girls are listed below:

1. deodorant 2. brush/comb 3. rubber bands/ponytail holders

4. body spray/cologne (No glass bottles; plastic only!) 5. feminine products

6. baby wipes/dude wipes

EXCUSES: If for any reason, your student must refrain from physical activity, **I MUST HAVE A DOCTOR'S EXCUSE**! This must be a form from the doctor with their signature. This is a school policy and the excuse will be kept on file in my office and in the main office of the school. A written letter from a parent **WILL NOT** be accepted.

I must also receive a doctor's excuse or medical documentation for any medical condition(s) that your student might have. These conditions could, but not only include, asthma, heart conditions, bone defects, vision defects, hearing defects, etc. I must be informed of any of these possible conditions, especially one(s) that could be triggered or affected by physical activity. This is for the protection of your student.

GRADING: Your student will be graded on the following criteria each six weeks.

1. Dressing Out: **THIS IS NOT AN OPTION!** Your student will be required to dress out in their PE uniform **EVERY DAY**! Failure to do so will result in a 5 point deduction for each day they do not dress out. Points can also be deducted for not having on the correct attire as well; shirt, shorts, & shoes. *Students will begin each Nine Weeks with a total of 225 points for their Dressing Out Average. 5 points will be deducted from this total daily, if applicable. *

2. Participation: Your student will be required to participate in class each day. Failure to do so will result in a 5 point deduction for each day they do not participate. They must be active in class; no standing around just gossiping and not performing activities. *Students will begin each Nine Weeks with a total of 225 points for their Participation Average. 5 points will be deducted from this total daily, if applicable. *