Medical Excuses

Students get one excused day every month. This means that the student will be excused from physical activity without a note from their parent/guardian. If a child has been sick due to minor illness and does not need to participate, parents must write a note. The note will excuse the student for two days only. After two days the student must have a doctor's excuse. When a doctor has prescribed no physical activity or limits physical activity, a letter from the doctor stating the reason, limitations and the number of days the student is to be excused is to be furnished to me immediately.

Physical Limitations

If a student has a medical or physical problem that would interfere with his/her physical education (asthma, arthritis, diabetes, sickle cell, heart condition, seizures, etc.) a letter from the doctor must be provided to me explaining the problem.

Physical education class is 30 minutes long. If your child is sun sensitive and needs to wear sunscreen, it must be applied at home. Our busy schedule does not allow us the time to apply sunscreen.

I have read the class rules for physical education and have gone over them with my child. My child understands the class policies and procedures.

My child HAS a physical or medical condition that will interfere with physical activity and has been prescribed physical activity and CAN participate in physical education.

___ My child had NO known physical problems or conditions and CAN participate in physical education.

___  My child HAS a physical or medical condition that will interfere with his/her physical education (asthma, arthritis, diabetes, sickle cell, heart condition, seizures, etc.) a letter from the doctor must be provided to me explaining the problem.

___ My child had NO known physical problems or conditions and CAN participate in physical education.

Student’s Name

Homeroom Teacher

Contact information

Parent Signature

Date

Cut—detach and return. Student’s will not be allowed to participate until this form is signed and returned!
Class Rules
- Follow all directions.
- No talking while the teacher is speaking.
- Keep hands and feet away from others unless instructed by the teacher.
- No eating or chewing allowed. There should be nothing in your mouth (this includes gum, candy, Kool-Aid, paper, pencil erasers, pen tops, etc.)
- No pens, pencils combs or brushes in pockets.
- No purses, toys or key chains dangling from belt loops or pockets. Leave backpacks and purses in the classroom. These items will be taken up and not returned until the last day of school.
- Be courteous and respectful to each other, teachers and visitors.
- Always be in the immediate playing area with the teacher. Never leave physical education without permission.
- When the whistle blows: squat or kneel down immediately and look directly at the teacher for instructions. Stop, look and listen!
- If a classmate gets hurt, never touch them or try to help them up. Go immediately to the teacher and report the injury.
- Athletic shoes must be worn everyday. Shoes with open toes or heels, flip flops, sandals and cowboy boots are not proper footwear. Improper footwear will result in the student not participating and a grade of zero for the day.
- Girls must wear shorts under dresses and skirts.
- No changing of shoes. Changing of shoes for p.e. is time consuming for the classroom teacher, student and myself.
- Leave dangling jewelry at home.
- Secure long hair with clips or bands.
- No caps or sunglasses unless prescribed by a physician.

Conduct
1st consequence—verbal warning (No grade change)
2nd consequence—time out (Grade drops to a B)
3rd consequence—conduct letter (Grade drops to a C)
4th consequence—parent conference (Grade drops to a D)
*5th consequence—office referral (Automatic grade of F)
*In extreme cases consequences 1-4 may be skipped and go directly to consequence #5.

No conduct grade will be changed or brought up and will remain the duration of the grading period.

Weather
50 degree rule: During cold weather months it must be 50 degrees or higher for p.e. classes to go outside. On extreme hot temperature days we will have class in my air conditioned room or the lunchroom. Please make sure your child understands this is for their safety and welfare.

Dear Parents:
It is my privilege to teach your child physical education. To guarantee that your child and all of the students at Bear Exploration Center get the excellent learning climate they deserve, please take time to review my class rules and polices to make sure your child understands them. In physical education it very important that all students know and follow rules because some one can get hurt or cause someone else to be hurt. I expect all children to behave appropriately and will tolerate no student stopping me from teaching and/or any student from learning.

Nancy Ray
P.E. Specialist

Contact information
I am available for phone calls between 8:30-8:45 am each morning or after 3:30 PM on Wednesday, Thursday and Friday. You may also email me at nancy.ray@mps.k12.al.us

Conferences must be scheduled through the office (284-8014).