P.E. UNIFORM INFORMATION

NOTE: WE DO NOT HAVE UNIFORMS TO LEND!!

PURPLE SHORTS AND GREY T-SHIRT
- may be purchased at any time through the PE Dept (shirts are $5, shorts are $10)
- may be purchased elsewhere, however NO pockets or logos are permitted
- ripped or torn clothing is hazardous and not permitted
- full name should be on both your shirt and shorts; NO graffiti, etc.
- alternate clothing, if accompanied by a parent note of explanation, will be accepted in extenuating circumstances for a limited period of time (it must be an acceptable change of clothes, no pockets!)

SWEATSHIRTS AND SWEATPANTS
- students must be prepared to go outside when the temperature is 50 degrees or warmer
- crew style sweatshirt and plain sweatpants - no snaps, zippers, hoods, pockets, pajama pants
- solid color, school-appropriate logos are acceptable

FOOTWEAR
- secured athletic shoes (ties, Velcro, etc.)
- socks (some mornings the grass is wet - bring an extra pair)

JEWELRY
- no jewelry allowed (plastic inserts designed for athletics may be worn for new piercings)

LOCKER ROOM POLICIES

LOCKS/LOCKERS
- to ensure locker security each student will be assigned the same locker to use as long as they attend TMS
- students should only use the locker assigned to them; access to another student’s locker will be denied
- locks are furnished at no charge, however, there is a $7.50 replacement fee for locks damaged or lost
- no outside locks are permitted on any locker; these locks will be removed
- students should NOT give out their combinations – once your combination is shared, your locker is no longer secure

BOOKBAGS/BACKPACKS
- NO backpacks, string bags, etc are allowed in the locker room (exception: a small plastic bag used to transport gym suit) PE uniforms (must be kept in the locker during the week)

BODY SPRAY/SPRAY DEODORANT
- prohibited (due to student respiratory conditions) - violations will be referred to the administration

GUM, FOOD, DRINK
- prohibited in locker room and gymnasium (gum is prohibited in school)

SHOWERS
- they are optional, but available if teacher is notified prior to the beginning of class
- students must provide towel and soap

SAFETY
- ALL safety guidelines referenced in the Spotsylvania County Code of Conduct will be strictly enforced
- students shall refrain from unnecessary contact with other students
- deliberate horseplay of any kind is prohibited
- specific safety guidelines for each activity will be emphasized and rules will be enforced
- students shall immediately notify their teacher regarding any unsafe behavior or injury sustained during class
- students shall notify their teacher of any equipment in need of repair
- deliberate violations of any safety rules will be referred to the administration
ABSENCES/ NON-DRESSES/ MEDICAL EXCUSES

ABSENCES/ NON-DRESSES
• students without their gymsuit may opt to earn their ‘50% make-up’ grade by participating in appropriate school clothes
• student will receive a 0 for a non-dress, unless the student opts to complete a make-up sheet for ½ credit
• full credit may be earned for absences, ½ credit for non-dresses or for work received after 2 weeks

PARENT / NURSES EXCUSE (cannot exceed 2 days of PE classes)
• student will receive a NG for parent/nurse excuses, unless the student opts to complete a make-up sheet
• excuse must be for illness or injury only (forgetting a gymsuit is NOT an acceptable excuse)

PHYSICIAN’S MEDICAL EXCUSE (Physician’s excuse certificate required)
• student will receive a NG for days missed due to a medical excuse – this does NOT penalize the student
• student missing more than ½ of any 9 week grading period will receive a NG for that grading period
• student may opt to complete a make-up assignment (located in SCORE) for any days missed

CHRONIC INJURY/ ILLNESS
• all students are expected to participate in all activities; if a student has a chronic condition that prohibits participation in certain activities (such as running) a physician’s excuse is required to excuse him/her from that activity; in these cases an alternate activity will be provided

MAKE UP SHEETS (optional)
• must be turned in within 2 weeks of student’s return to class
• only complete worksheets will be accepted, all other work will be returned to the student for corrections

<table>
<thead>
<tr>
<th>Consequences for not dressing out for PE are:</th>
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<tbody>
<tr>
<td>1st offense</td>
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<tr>
<td>2nd offense</td>
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<td>3rd offense</td>
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<td>4th offense</td>
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<td>5th+ offenses</td>
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(a copy of this information may also be found in the student agenda)

GRADES
• Grades will be uploaded to SYNERGY by Friday of each week
• each student will receive a daily grade based on 15 points

PE:
- preparedness – 3 points
- warm-up exercises – 4 points
- cardio exercises – 4 points
- daily lesson – 4 points

Health:
- participation/
- assessments

HEALTH TOPICS
• personal growth and health
• alcohol, drugs, tobacco
• safety and first aid
• nutrition
• mental health
• body systems

Family Life Education classes will be separated by gender.
Information regarding these classes will be sent home with your student at a later date. Parents are encouraged to preview the curriculum at the school board office. Opt-out forms and class objectives are available from your child’s teacher, on the school website, and in the main office.

The student’s agenda is our primary tool of communication – PLEASE CHECK IT DAILY!