

School Year 2017 - 2018      Grade: \_\_\_\_\_ Student Name: \_\_\_\_\_  
Physical Education Class (4<sup>th</sup> - 5<sup>th</sup>)

Teacher Name: \_\_\_\_\_

Dear Parents/Caregivers of 4<sup>th</sup> and 5<sup>th</sup> Grade Students: **Welcome to the new school year!** Your child will have Physical Education Class (also called Gym Class or P.E. Class) twice per week.

Your child's P.E. (Gym) day(s) is (are):

**Monday      Tuesday      Wednesday      Thursday      Friday**

\*\*\*\*If your child has a serious medical condition (for example, a heart condition or asthma, diagnosed by a Doctor), please make sure you **notify me immediately!**\*\*\*\*

Listed below are some helpful reminders and information to help your child be the best he/she can be this year!

--**Students need to wear stretchy, comfortable clothes and gym shoes on their gym days!!!** Students do not change into gym clothes before their P.E. Class. Gym clothes should be comfortable. Stretchy t-shirts (long or short-sleeved) and shorts are acceptable. Long stretchy/sweat pants are also acceptable. For safety reasons, a girl's blouse/top should not be any longer than her extended fingertips when her hands are at her sides.

--**Gym shoes are required.** Shoes must have laces or velcro across the top of the foot and offer support for the foot. Please make sure their shoes are double tied on gym day. Fashion shoes that look like gym shoes do not offer the same support and are not safe to wear in gym class. Students will not be able to participate without proper gym shoes.

--**Jean pants and jean shorts are not acceptable gym attire** - they tend to restrict movement and sometimes have a hard time staying up. Skorts, dresses and long blouses are also not acceptable.

--**Students (this includes boys with longer hair are required to have their longer hair tied back in a ponytail during class for safety reasons.** Students (boys included) with shorter hair and bangs across their eyes can use hair clips headbands or sweatbands. This is for your child's safety.

--**In cool weather**, your child will need a sweatshirt or jacket when we go outside.

--**Let's talk about behavior.** Students are expected to follow the PBIS Expectations and Classroom Expectations. Inappropriate or unsafe behavior is not acceptable.

--**Students are expected to participate in P.E. Class and show Best Effort and Good Sportsmanship** when participating.

--**Personal Hygiene** -Your children are growing up and their bodies are changing. In P.E. Class they will sweat a lot! In consideration of their fellow students and teachers, I suggest purchasing stick deodorant for your child to use at home. Unscented deodorant is preferred. Please, no AXE products or scented deodorant. Remember, Henry Ford is a scent-free school. The deodorant will help control their sweating and potential body odor. Daily showering and is also very helpful with this potential problem.

--**SWIMMING!** All 4<sup>th</sup> and 5<sup>th</sup> graders will be swimming 2 times this year! Your child will need a bathing suit so remember where you store them once the hot weather is over! Boy's bathing suits must have a liner (no gym shorts). Girls may wear a one or 2-piece bathing suit. In the case of religious restrictions, girls may wear the long sleeved shirt and long pant bathing suit specifically made for swimming or they may wear lightweight long pants and shirt and a scarf. All students will wear lifejackets. With the number of students per class, this is the safest way to swim. I am a Certified Lifeguard and Water Safety Instructor. Swim caps are available for purchase. They will be available for purchase at Henry Ford's Open House in September.

--**Notes from Parents are required:** **If your child is unable to participate in P.E. Class for any reason on gym day, I need to have a signed note from you stating why your child cannot participate.** If they cannot participate for an extended time (for example a broken arm or surgery), I need to have a note from their Doctor that states when they are able to participate again, when they are healed.

I'm looking forward to a great and active year! If you have any questions or concerns about your child's Physical Education Class, please contact me at 827-4700.

Mrs. Suarez, Physical Education Teacher