

Deep Creek Middle School 2019-2020 Health and Physical Education Policies

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Welcome to an exciting new school year. We believe all students can be successful in Physical Education and Health class with good effort and a positive attitude. These policies and expectations will help you and your student have a successful school year.

Objective: Each student will have the opportunity to establish healthy lifetime habits in order to meet their physical, emotional, and social needs.

Teacher Statement: It is our intent to instill pride, respect, effort, enthusiasm, and a sense of well-being in every child.

The rules regulations and policies of the Health and Physical Education Department at Deep Creek Middle School have been instituted for the benefit of both the students and teachers. It is important that parents and students read and know the following rules and regulations so that everyone can reach their potential. All rules, regulations, and policies are developed to provide uniformity, equality, and consistence within the Health and Physical Education Department.

Student Attire:

- DCMS Physical Education Uniform (\$4/shirt, \$7/shorts) is available during homeroom outside the gym.
- Athletic Footwear- Tennis shoes with non-marking rubber soles are required. Boots and street shoes are not allowed. **SHOES SHOULD BE PROPERLY LACED AND TIED. NO SLIP-ON SHOES.**
- A combination lock is required and must remain on the assigned locker.
- Physical education uniforms are to be worn properly. Shirts cannot be tied in the back or on the side with a rubber band or hair tie.
- P.E. uniforms should not be worn under school clothes. Change back into your school clothes.
- Clothes worn to school cannot be used for a physical education uniform. No extra clothes should be worn under the uniform.

NO JEWELRY IS TO BE WORN IN THE GYM AT ANYTIME (INCLUDING, BUT NOT LIMITED TO WATCHES, NECKLACES, EARRINGS, RINGS, FRIENDSHIP BRACELETS OR PIERCINGS OF ANY TYPE). ANYTHING LEFT ON THE WRIST IS COUNTED AS JEWELRY. THIS INCLUDES HAIR TIES, RUBBER BANDS, AND SCRUNCHIES. STUDENTS WHO CHOOSE TO WEAR JEWELRY WILL LOSE POINTS OF THEIR DAILY GRADE AND WILL BE ASKED TO REMOVE IT AND PLACE INSIDE THEIR LOCKER. (The only exception is a medical bracelet).

- Hair that is shoulder length must be pulled back away from the face or put in a ponytail.
- Students are required to bring their own scrunchie/hair tie from home. Hard clips are not permitted.
- Headbands, hats, or headgear of any type is not permitted.
- For safety, students are not permitted to borrow or share uniforms.
- Label all pieces of your uniform. Do not write on the back of your shirt or rip the sleeves off.

VIOLATION OF ANY OF THE ABOVE MAY RESULT IN THE LOSS OF PARTICIPATION POINTS. STUDENTS ARE EXPECTED TO KNOW AND FOLLOW THE RULES AT ALL TIMES.

Locker Room Rules:

- If you do not have all pieces of the DCMS PE uniform, **DO NOT** go in the locker room.
- Locks should remain on the lockers during the student's P. E. Class and removed at the end of the week.
- Students should leave all items in their physical education locker until the end of class.
- Teachers are not responsible for items left in the locker room.
- Students will only be allotted five minutes to dress.
- Running, yelling, banging on lockers, horseplay, or any behavior that will endanger other students will not be tolerated.
- Writing on walls, mirrors, benches or lockers will not be tolerated.
- Candy, gum, or food of any kind is not permitted in the gym or locker room.
- **Lotion, oil, Vaseline, aerosol sprays including Axe and Tag, Bath and Body Works will not be permitted.**
 - *It will be taken and only a parent will be able to retrieve it from the PE teachers during school hours.*
- Breakable containers, especially glass, are not permitted in the gym or locker room.
- Students will exit locker room when instructed by teacher and secured all items in a locked locker. Students will wait for teacher's command to exit the locker rooms.

General Rules:

- Student will begin Walk and Talk/Warm-up Activity
 1. Stay on the purple lane and keep walking.
 2. Do not cut across the gym to catch up with a friend
 3. Do not run, hit, chase, jump, push during warm-up.
 4. Do not kick cones or touch equipment, including pull-up bars and basketball goals.
 5. When the music stops, students are to report to their squads and sit down.
- Only string bags are allowed; backpacks are not permitted. Only a teacher can distinguish whether it is a backpack or a string bag.
- Students are expected to pay attention and follow directions of their teacher at all times.
- Students are not permitted to leave the gym without permission from their teacher and must have a hall pass.
- Students are to remain with their class at all times.
- Students are not permitted in the equipment rooms without permission from their teacher.
- Locker rooms and the gym area are off limits before school, after school, and during lunch.
- All injuries that occur during class must be reported to a teacher immediately.
- A student's physical education attire is his/her responsibility; any lost items must be replaced by the student/parent.
- Any clothes worn by a student, other than the required uniform, must be approved by the teacher.
- Physical education uniforms should be kept at school during the week and taken home on Fridays to be cleaned.
- Students are required to bring their agenda book with them to P.E./health class every day.

Student Illness:

It is understood that student illness will occur from time to time. A valid parent note will excuse a student for up to two days. Depending illness/injury, students will still need to dress out. If a student is under a doctor's care a note should be given to the physical education teacher at the beginning of class.

ONLY A DOCTOR'S NOTE CAN EXCUSE A STUDENT FROM PHYSICAL EDUCATION CLASS.

In order for a student to return to activity, the teacher must be provided with a note-of-release from the student's doctor. A copy of the doctor's note will be forwarded to the school's nurse.

Grading:

Students are required to dress out and participate to the best of their ability. Physical education grades are based on dress, participation, and following directions/rules. If a student is not dressed properly, does not participate, or does not follow directions given by the instructor, points are deducted from their grade. The physical education portion of a student's grade counts 60% and the health portion is 40%. Students will be graded only by days they are present in class and on their individual effort in each class. It is

extremely important to come to school every day and do your best each day.

Health Class:

Materials Needed:

1. Three prong pocket folder (PE department will supply a folder for all students)
2. Loose leaf paper
3. Pencil or a pen
4. Agenda book
5. Positive attitude

Students should always come prepared for class with the proper materials. It is a student's responsibility to make-up any missed work. Health counts as 40% of the student's total health and physical education grade. A student's health grade will consist of assignments done in class, Family Life lessons, notebook checks, tests, homework, worksheets, current events, projects, special activities, and reports. Student will be tested on information from lectures, notes, handouts, videos, and textbook reading and assignments. Paying attention, following directions and completing assigned work are important to achieving a good health grade.

Parents:

1. Please be aware of your child's HPE schedule. It can be found on the DCMS homepage and in the student agenda.
2. Please assist your child with their physical education uniform. Please have the uniform cleaned and ready for school every Monday that begins a physical education week.
3. If the uniform is lost, stolen, or misplaced, it is the responsibility of the student/parent to provide a for a replacement uniform.
4. If your child is well enough to be in school, he/she is well enough to dress in a uniform for physical education class.
5. **A doctor's note is the only way a student can be exempt from dressing out and participating in class.**
6. Please remind your child to inquire about make-up work when they he or she is absent.
7. Please instill a positive attitude toward physical fitness in your child. A positive learning environment is created when teachers and students have a positive attitude.
8. Thank you for giving us the opportunity to provide assistance with the development of your child.

Consequences for NOT dressing out:

Students will go to Health Enrichment Class and the following CONSEQUENCES will be assigned for Not Dressing Out in a DCMS PE Uniform:

- 1st Non-Dressed – Verbal Warning w/grade deduction
- 2nd Non-Dressed – Verbal warning w/grade deduction
- 3rd or more Non-Dressed –Parent Phone Call home w/grade deduction

Behavior

Our first goal as physical education teachers is to provide a safe, uninterrupted learning environment for our students. While we do our very best to handle disciplinary situations in class, sometimes this is not possible. If a student is behaving in a manner that creates a safety hazard for himself/herself or others, he or she will be referred their grade level administrator.