

# Deep Creek Middle School 2022-2023

## 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 lifestyle 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 consistency within the Health and Physical Education Department.**

### **Student Attire:**

- Students should need to come to school in clothes that will allow them to safely and freely participate in daily physical education activities. Students will be able to go into the locker rooms to change.
- Athletic Footwear- Tennis shoes with non-marking rubber soles are required. Boots, clogs and any footwear with elevated heels are not allowed. **SHOES SHOULD BE PROPERLY LACED AND TIED. NO SLIP-ON SHOES.**
- Participation is essential. So please remember to dress appropriately and safely on PE days.

**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 THESE ITEMS 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 clothes or shoes.

**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.**

## **General Rules:**

- 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 an E-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.

## **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 on illness/injury, students may still be able to participate. 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 Dr's note can permit a student to miss more than two days of PE.

## **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. Students that are withheld from PE activities will have an alternative assignment to complete.

## **Grading:**

Students are required to be prepared and participate to the best of their ability. Physical education grades are based on 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. Student-issued Chromebook
2. wired headphones
3. Positive attitude

Students should always come prepared for class with the proper materials. It is a student's responsibility to make-up for 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. Students 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 a hard copy is sent home
2. Please assist your child with being dressed appropriately when coming to school.
3. If your child is well enough to be in school, he/she is well enough to give their best effort in class.
4. **A doctor's note is the only way a student can be exempt from participating in class.**
5. Please remind your child to inquire about make-up work when 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.

**Behavior**

Our first goal as health and 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 to their grade level administrator.

