Mr. Jones Mr.Malorzo Ms. Leak

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Dear Students and Guardians,

For the safety and security of all students, the Ridge Road Health and Physical Education staff have incorporated the following rules and standards for all students. All students are required to take, and pass, health and physical education in all grades K-9.

1. **Dress** - Students are required to dress out for Physical Education and Health when necessary. IN ORDER TO RECEIVE FULL CREDIT FOR PE/HEALTH, STUDENTS’ MUST DRESS OUT. WE ENCOURAGE STUDENTS TO PURCHASE THE **Ridge Road PE UNIFORM**, which can be purchased during open house or at our school store. Full uniforms are $20, for shorts, t-shirt, and a gym bag. If you cannot afford the Ridge Road PE uniform, please let your teacher know discretely **in writing**, as soon as possible. Plain Maroon, Black, or Grey shorts and shirt or any Ridge Road shirt the student has will also be accepted. All Checks for uniforms should be made out to Ridge Road PTSA
2. **Shoes**- students are required to wear athletic shoes *tied tightly* at ALL TIMES Students will lose points if their shoes are not properly tied. Students will be required to wear shoes outside, so prepare accordingly.
3. **Absolutely *no gum***isallowed in the gymnasium. (Students who have gum in class may have point deductions)
4. **Excuses** - Physical Education is a required course for all students. If a student must be excused from an activity for one day, a note from a parent will be sufficient; however, he/she will still dress out for class. Select activities missed will require a make-up. In order to be excused from physical activity for two or more days a doctor’s note will be required.

Supplies needed: Band-aids, Sandwich bags for ice, Clorox Wipes, Hand Sanitizer

**General Rules of Physical Education**:

R: Respect teachers, other students, facilities and equipment at all times to include not hanging on the rims or basketball nets.

U: untie and re-tie your shoes tightly in the locker room before every class

L: Listen to all instructions, and safety procedures, no horseplay

E: Ensure that you have all of your necessities for class, PE uniform, pen/pencil and paper

E: Ensure that all injuries are reported WHEN they happen!

S: Safeguard all valuables, in a locked locker.

**Health Related Issues** should be listed below. As a reminder, in Health and Physical Education class, students participate in physical activities so teachers need to be informed in order to take precautions to maintain a safe and healthy learning environment. *Please print neatly*

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Parent/Guardian Signature Daytime Phone # Student Signature

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Parent/Guardian Printed Name Student Printed Name

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