



WELCOME TO PHYSICAL EDUCATION

Dear physical education students & families;

Welcome to another exciting year of physical education. We are looking forward to developing the minds and bodies of all the Oak Street children. A priority in our physical education classes is the safety and well being of your children. The following list contains some safety precautions that we ask you to assist us with in order to ensure a protected environment for every student.

1. Footwear: All students need to wear sneakers in order to participate in physical education. Sneakers must cover the entire foot including the top of the foot. Sneakers without support around the heel such as clogs or sling backs are not acceptable. Sneakers with a mechanism such as laces, Velcro, or zippers are preferred. A full slip on athletic sneaker is also acceptable. Sneakers with heels, wheels, or a platform are not acceptable. If weather conditions or an event in the classroom call for more appropriate footwear, it is recommended that sneakers are carried to school and put on before physical education class.
2. Attire: All students should wear clothing that allows for free movement on physical education days. Be aware that at times clothes may get soiled due to outdoor activity or the simple volume of children using the indoor facility throughout the day. Students who choose to wear a skirt on physical education days have expressed that shorts underneath have made them more comfortable. Students are asked to leave hanging jewelry at home on physical education days.
3. Medical Excuses: Students may only be excused from physical education with a written note that should be submitted to the nurse on or before the morning of class. If a doctor's note excuses a child from class, an additional note is necessary in order for that child to resume participation. Students with excuses remain in the gym and are responsible for the material covered in class during the excused period. Be aware that a student that does not participate in physical education also does not participate in recess.
4. Class Climate: In order to maintain a comfortable environment where students feel safe taking reasonable risks as well as trying new activities, students are expected to demonstrate the character traits that are represented through the six pillars that Oak Street School utilizes as a student body. Students are assisted by the physical education staff when they have difficulty demonstrating these traits. In certain situations your child's teacher may ask for your help as well.

Thank you in advance for your cooperation and assistance in the above matters.

Ms. La Vecchia & Mrs. Pisciotta