

PHYSICAL EDUCATION POLICIES & PROCEDURES

Medical Excuse

A student who is unable to participate due to injury or illness must have a note from a parent or doctor stating the condition and restriction, as well as the date or days for excuse. This note should be brought to Mrs. Tomlinson (school nurse) so that a record of the note can be placed on file. If the number of days exceeds three, arrangements for an alternate activity or a study hall can be made. A student may not resume normal activity until a note from a parent or doctor indicates that the student has been cleared to return to normal activity. Students who are excused from PE should not be participating in after-school athletic practices or contests.

Sudden Illness

A student who becomes ill or injured during the school day may be excused from participation in PE for that day. The student should report to the school nurse who will determine if the student remains in the nurse's station or may observe the class.

Uniform

Students are expected to dress in the PE uniform and wear appropriate footwear for every scheduled class, excluding swimming (swim attire includes one-piece suit and towel). Failure to have appropriate footwear will result in the student being excused from participation. A student not in proper uniform will be allowed to participate with the class, but continued violations of the dress code may result in the student receiving an e-slip (communication to advisor, principal, and parents) as well as a comment on his/her semester report. For safety reasons, students are prohibited from wearing jewelry while participating in class or athletic practices.

It is recommended that students keep all personal items secured in their lockers and that they frequently take PE uniforms home to be laundered.

ATHLETICS

At JBS, we offer a host of 7th/8th grade sports. We have a unique opportunity to introduce and practice skills during the PE hour, plus we supplement this with an interscholastic team experience in an after-school program. Participation is **voluntary and requires parental consent**. The following sports are offered during the fall season.

Boys' and girls' cross country, field hockey, flag and tackle football, boys' soccer, volleyball. Information to participate in Saturday girls' tennis tournaments will be communicated via email.

Coaches should email information about the start date as well as practice and game schedules sometime in early August. We use TeamSnap as our communication platform. If you registered your student for a team and fail to receive information, feel free to contact the athletics office.

For information about the Physical Education program or After-School Athletics, please contact Alan Trzecki, Director of 7th & 8th Athletics/PE by phone at 993-4040, ext. 313 or by email at atrzecki@jburroughs.org.