

# **Gateway Middle School Health and Fitness Program**

## **Philosophy**

Welcome to the Gateway Physical Education program. We are excited about our curriculum and hope our students will find it enjoyable as well as educational. Our program is based on four basic goals:

- 1) Teach students how to be healthy for life.
- 2) Help students learn to have positive attitudes about fitness and nutrition.
- 3) Mastering of basic sports and movement skills.
- 4) Learning the cooperative aspect of sports by participating in teams and team building activities.

We believe these four goals, when integrated with the entire school learning experience, will provide each student with a healthy physical education experience at Gateway Middle School.

## **Suit Up Responsibility**

As a self-directed learner, each student is expected to be ready to participate in all PE activities. It is the responsibility of each student to suit up in a proper Gateway PE uniform. Students should be prepared for activity in all weather conditions. Sweatpants and sweatshirts are strongly recommended and may be worn over the uniform. Due to safety, zippers are not allowed.

\*Shoes must be athletic style and supportive with non-marking soles.

If a student forgets proper gym attire, report directly to the locker room supervisor who will loan you a “rental” uniform for the period. This process takes time away from instruction; therefore, participation points will be deducted progressively with each rental (1 pt the first time, 2 pts the second, 3 pts the third, etc.) On the third and all subsequent rentals, parents will be notified and an infraction slip will be issued.

## **Locks, Baskets, and Lockers**

All students will be issued a lock and basket to use during the school year. The combination to the lock is expected to be confidential. Students are not permitted to use non-school issued locks. Classes will be moving in and out of the locker room at various times during the day. It is the student’s responsibility to make sure that their basket is locked up with all belongings safely secured. The school is not responsible for lost items. Gateway mesh bags are available for purchase to keep gym clothes secure in basket and for transporting between school and home. Locks should not be removed from the locker room – they are the property of the school district. All lost locks should be immediately reported to the locker room supervisor. Any student who loses or damages their lock will be fined a \$5.00 replacement fee. Lost or damaged baskets will be fined up to \$45.

## **Showering and Towels**

Showering after gym class is not required and towels will not be provided.

### **Valuables & Restricted Item**

For the student's personal safety and to avoid damage to school equipment, all jewelry is required to be removed before class starts. All personal items brought to school should be left in the hall locker provided. Backpacks are not allowed in the locker room. Teachers will not lock valuables in their offices. Do not bring cell phones to the gym/locker room. For safety reasons, food, drinks, gum, glass bottles, curling irons, and hair dryers are not allowed in PE areas. Due to allergy concerns perfumes, scented lotions, aerosol deodorants, and/or hair spray are not permitted in the locker room.

### **Limitations, Injuries and Excuses**

Students can only be exempt from PE with a written note from a physician or parent. All notes should include the student's name, reason for the excuse, and the date they may resume activity. A written note from a parent can excuse a student for up to **3 school days**, but the student will still be required to suit up and participate in activities not affected by his/her limitation or makeup the missed PE activities. *All written notes must be directly handed to the student's teacher.* After three days, a written note from a physician is required. Include the specific limitations with the medical note so individual curriculum arrangements can be made. Please include a phone number where a parent or guardian may be reached. In the case of long term physician excused injuries the student will be excused from PE participation. If a student has a pre-existing medical condition (i.e. asthma, heart condition, etc.) please provide the PE teacher with a physician's note describing specific limitations or medications needed. All medications must be registered with the nurse.

### **Grading Criteria**

Grades in PE will be based on participation/effort/sportsmanship, written work, classroom health work, skills, journals and fitness tests. Assessment and retest policy varies based on format and safety concerns for each unit. See website for specific information. Absent students are responsible for any information, written work, or participation. Physical Education is a participation based class, therefore any absence or day missed need to be made up within two weeks from the day you return to participation. "Fitness Days" must be made up after school with a PE teacher and all other days should be made up with a PE makeup form. Forms are located in the PE offices or by a link on the PE website.

### **Department Resources**

Gateway PE Website - <http://everettsd.schoolwires.net/gms-pe>

*Your child's grades will be available online with a link from Gateway's web page. In addition, our current unit schedule and unit study guides are available on the Gateway PE website.*

If you have any questions or concerns please call or contact your student's teacher at:

Rob Rogers	385-6786		rrogers@everettsd.org
Kristin Blakely	385-6782	Mon/Tue – every other Fri	kblakely@everettsd.org
Dyann Swaney	385-6782	Wed/Thur – every other Fri	dswaney@everettsd.org
Nina Bus	385-6781		nbus@everettsd.org
Chris Pratt	385-6784		cpratt@everettsd.org
Jessie Lidstrom	385-6780		jlidstrom@everettsd.org

## HEALTH AND FITNESS UNIFORM INFORMATION

**How much?**    Shirt     \$6.00  
                      Shorts    \$8.00  
                      **Total**   \$14.00

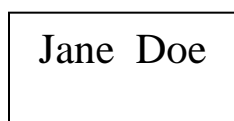
Cash or check made out to **Gateway Middle School**

**Where to purchase?** The main office will accept payment throughout the school year. You may need to purchase later in the year due to sizing changes or loss. Your PE teacher will provide the item with a proof of purchase (receipt).

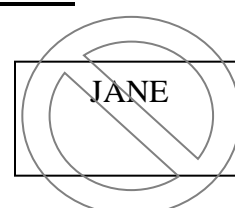
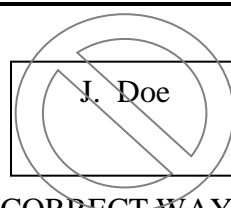
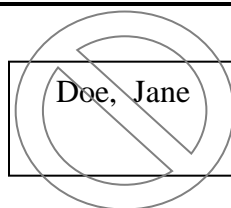
**What Size?** – These are adult sizes. They come in extra-small, small, medium, large and extra-large. All uniforms need to fit properly. Those that are restrictive or baggy can be dangerous during physical activity.

**What about the name space?** – Staying inside the rectangle, please print large and legibly the student's first and last name in permanent ink. The department will write the names if you are not comfortable doing so. Do not mark on the shirt outside of the rectangle.

### **NO DECORATIONS OR DRAWINGS OF ANY TYPE WILL BE ALLOWED!!!!**



CORRECT WAY



INCORRECT WAY

**What if I don't want to purchase a Gateway uniform?** – You may provide your own PE uniform:



- **Shirt** – solid white or light gray T-shirt with no writing, pictures, or logos.
- **Shorts** – solid navy blue or black athletic shorts. They should be free of buttons, zippers, snaps, and exterior pockets. Solid color without piping, stripes, etc. Boxers are not considered athletic shorts.

Reminder: The plain shirt will need to have the name written on the front. If the shirt/shorts are unreadable and/or do not meet the above criteria, the student will be required to purchase or provide a replacement.

**When do I need to have it?** – Please have your PE uniform ready to go the first Monday of PE class.

**Can I use my Gateway PE uniform from last year?** – You bet! As long as all above conditions are met.

Thanks for your cooperation,

*The Gateway Health and Fitness Staff*

# GATEWAY HEALTH AND FITNESS

Bus      Lidstrom      Pratt      Rogers      Swaney/Blakely  
(Circle your Fitness Teacher)

Period \_\_\_\_\_

## SIGN AND RETURN THIS PAGE TO YOUR FITNESS TEACHER

We read each of the following sections in the “Gateway Middle School Health and Fitness Program” handout and agree to abide by its rules and expectations. Please initial after you have read and discussed each section.

Student Initials

Parent Initials

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Philosophy

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Suit Up Responsibility

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Locks, Baskets, and Lockers

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Showering and Towels

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Valuables & Restricted Items

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Limitations, Injuries, and Excuses

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Grading Criteria

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Department Resources

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Uniform Information

☐ No health concerns

☐ Yes, health concerns. Please describe those that may affect your student’s ability to participate in physical education. Please provide a doctor’s note.

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\_\_\_\_\_  
Printed Student Name

\_\_\_\_\_  
Printed Parent or Guardian Name

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Emergency/Daytime contact phone number