

Gateway Middle School Health and Fitness Program

Philosophy

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

- 1) Being physically active relieves stress, improves brain activity and sleep patterns, and leads to a healthy body.
- 2) Identify the effects of nutrition/drugs/alcohol on one's health.
- 3) Demonstrate, perform and apply motor skills and movement patterns.
- 4) Embrace sportsmanship and cultivate teamwork.

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

It is the responsibility of each student to suit up in a proper Gateway PE uniform. Sweatpants and/or sweatshirts are permitted to be worn over the PE uniform. Due to safety, zippers are not allowed.

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

If a student needs to "rent" a uniform, they should report to the locker room supervisor at or before the tardy bell. 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

Locks and baskets will be issued to all students. The lock combination is expected to be kept confidential. Students are accountable for the management of equipment and clothing. The school/staff is not responsible for lost items.

The locker room is used throughout the day and by sports teams after school. Keeping equipment and clothing locked up properly is the best way to ensure that items will be there the next day. The locks are property of the school district and should not be removed from the locker room. Students are not permitted to use non-school issued locks. Lost or damaged locks should be reported to the locker room supervisor immediately. Students will be charged \$5.00 to replace the lock. Lost or damaged baskets can be fined up to \$45.00

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. Teachers will not lock valuables in their offices. For safety reasons all food, drink, gum, glass, curling irons, and hair dryers should remain outside of the locker room/gym. To prevent possible allergic reactions, perfumes, scented lotions, aerosol deodorants, and hair spray are not permitted in the locker room.

Limitations, Injuries and Excuses

All notes are to be handed directly to the student's teacher. For various reasons, emails/texts are not accepted. Students can only be exempt from PE with a written note from a physician for physical limitations and injuries. Pre-existing medical conditions should describe limitations and/or medications needed. Including the specific limitations on the medical note allows the instructor to make adjustments to the curriculum for your child. All notes should include the student's name, reason for the excuse, and the date they may return to full participation. Long term limitations will be handled on a case-by-case basis. Parent notes are accepted for physical limitations, but the student is expected to suit up and participate in activities not affected by his/her limitation. Parent notes are valid up to 3 days. Missed participation points from parent notes are expected to be made up. Please have all medications registered with the school nurse.

Grading Criteria

Grades in PE will be based on participation/effort/sportsmanship, written work/tests, 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 points missed. Physical Education is a participation based class, therefore any absence needs to be made up within two weeks from the day of return to participation. A make-up form may be used for non-fitness days within the two-week window. Forms are available in the locker rooms and the Gateway PE website. Fitness Days are summative and therefore require instructor supervision. Fitness Days and participation points older than two weeks can be recovered on Wednesdays after school. See the Gateway Health and Fitness website for the current calendar.

Department Resources

Gateway Health and Fitness Website: <http://everettsd.schoolwires.net/gms-pe>

Your child's grades will be available on LMS. The Gateway Health and Fitness website is a valuable resource throughout the year.

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

Kristin Blakely	385-6780	kblakely@everettsd.org
Nina Bus	385-6781	nbus@everettsd.org
Chris Pratt	385-6784	cpratt@everettsd.org
Rob Rogers	385-6786	rrogers@everettsd.org
Dyann Swaney	385-6782	dswaney@everettsd.org

HEALTH AND FITNESS UNIFORM INFORMATION

<i>How much?</i>	Shirt	\$6.00
	Shorts	\$8.00
	Total	\$14.00

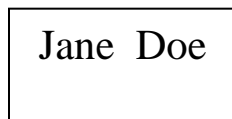
Cash or check made out to Gateway Middle School

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).

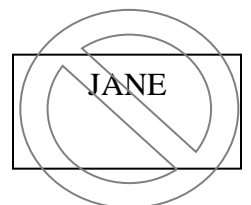
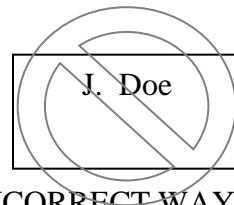
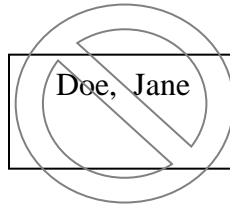
What Size? – These are adult sizes. They come in extra-small, small, medium, large and extra-large. All uniforms need to fit properly. Those that are restrictive or baggy can be dangerous during physical activity.

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

Blakely Bus Pratt Rogers Swaney
(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

Philosophy

Suit Up Responsibility

Locks, Baskets, and Lockers

Valuables & Restricted Items

Limitations, Injuries, and Excuses

Grading Criteria

Department Resources

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.

Printed Student Name

Printed Parent or Guardian Name

Student Signature

Date

Parent Signature

Date

Emergency/Daytime contact phone number