Dear Parents and Guardians,

We, the physical education teachers, feel that it is important for both you and your children to understand our expectations.

**Students will have the option to change or not change for PE class.** We would encourage that students do change at least their shirts into a t-shirt and bring deodorant to class as we understand hygiene concerns at this age. We also would encourage students to wear comfortable clothes when they have PE class so as to fully participate in class and be comfortable. (Shorts or sweatpants and t-shirts that are not altered are considered appropriate wear) **Sneakers must be worn in order to participate safely in PE class.**

1. If a student does not participate in PE class then they may NOT participate in any after school athletic program on that day.
2. If a student is not participating that day due to a medical reason a note from home needs to be brought in and given to the PE teacher. For extended excuse from class (more than 2 classes) a doctor’s note will be needed excusing the student from PE. That student will then need a doctor’s note to return to class.
3. Please notify the school nurse and the PE teachers as soon as possible about any physical limitations or restrictions, allergies, asthma or problems that your child may have.

If you have any questions or concerns please feel free to call 964-5501 or email us at nhooper@sau21.org or pyeaton@sau21.org.

We look forward to having your child in physical education this year!

Nate Hooper  
Pat Yeaton