

## **Surviving the 1<sup>st</sup> Couple Days of P.E.**

1. **On the first day of school come to the tree rings in front of the locker rooms during your P.E. period.** Find your P.E. teacher in front of the P.E. door with their name on it. They will direct you where to go and issue you a P.E. number.
2. P.E. clothes may be purchased through the Student Center the entire year **before school, during lunch, and after school.** They are \$20 for the set or \$10 for a shirt and \$10 for the shorts. P.E. clothes from last year may be worn this year.
3. Write your last name, first name or initial with a **black permanent marker** in the white boxes on the front of your clothes.
4. Do not bring your P.E. clothes to school until your P.E. teacher notifies you. You will not need them until September as we will be learning Health indoors. **We will not be dressing out the first few weeks of school.**
5. Everyone will be assigned a small locker basket and issued a combination lock for the year. **You may purchase a lock from the school to keep year after year. Do not buy a lock from your local store!!** The large, long lockers will be available to every student to put their backpacks and street clothes in **during their P.E. HOUR ONLY!** Everything must be cleared out of the long locker and put back in their small locker basket before going to their next class. Further information to follow during first few weeks of school.
6. If you have purchased a combination lock from the school, practice opening it. However, do not bring your lock to school until your teacher notifies you. We will issue locks to students who have not purchased one during locker basket check out (approximately 4 weeks). These locks will have to be turned in at the end of the school year and new locks will be reissued each year.
7. We will not be taking showers, so bring wipes, deodorant, etc. when necessary. **Do not bring any aerosol type sprays or glass bottles.**
8. Bring a doctor's note within the first 2-4 weeks of school regarding any health issues that need to be brought to our attention.
9. We will modify our P.E. activities during temperatures above 90 degrees and /or on rainy days.
10. More detailed information regarding P.E. policies and procedures will be sent home, signed, and returned the 3rd week of school.