

Dear Parents,

Welcome to the 2017-2018 school year! I am so excited and ready to get this year rolling. There are a few things I would like to remind you about physical education class.

First of all, they will come to PE **one** time per week for 60 minutes. They are expected to participate each time they come unless there is a health issue.

If your child has any health issues that will limit their participation in class please send either a doctor's note or a note from home. If the situation is just for the day a note from you will be fine; however, if it will last 2 or more PE times please send a doctor's note (which can be faxed to school 450-4807). Nurse Kim and I will greatly appreciate that. If your child has an ongoing issue (asthma, etc) please send me a reminder note ASAP as I may have forgotten since last year. If I don't receive a note then I'll assume everything is okay for full participation.

Remember to have your child wear athletic shoes to PE each time they come. This is for their safety. If they are unable to wear athletic shoes a short note from you explaining why will be fine. Each time a whole class has on athletic shoes they receive a reward ticket. It is okay for them to bring their athletic shoes in their backpack and change before PE. If you need assistance purchasing athletic shoes we can help. Just send a note or contact Raven Haynes, our counselor.

Dress for PE should be weather related. If it's warm, shorts and a T-Shirt are the best. I would prefer that girls not wear skirts or dresses to class (picture days are an exception) because it could create an embarrassing situation not only for the girl, but for the other students as well.

Physical Education grades will follow the Common Core grading standards. The three grading 'categories' are: Meeting/ Exceeding Standards, Approaching Standards & Performing Below Standards. I have different criteria that I will assess each nine weeks to help determine your child's grade.

There will be several special events through out the year that I will need volunteers. I will send a note to announce these events.

I will also have a PE Locker Room on the school's website that will have monthly fitness calendars, upcoming events, permission slips & tons more. Please check it out starting in September!!

Once again, I'm very excited about the school year! If you have any questions please email me at breashearsl@conwayschools.net or call 450-4808. My class schedule is on the back.

Yours in health & fitness,
Laurel Breashears
Physical Education Specialist