

## **NOTICE TO PARENTS ON PHYSICAL EDUCATION REGULATIONS**

The purpose of this letter is to acquaint the parents with the policies and procedures of the Mount School Physical Education Program. These regulations have been developed for your children so that they may safely reach their maximum potential in physical education activities.

### **DRESS REQUIREMENTS**

#### **Grades K through 5**

1. Sneakers are needed for all physical education activities. Rubber sole shoes are **not** safe and therefore are not an acceptable substitute for sneakers. Platform sneakers **may not** be worn in Physical Education class as well.
2. In order to prevent injury and loss, **jewelry is not permitted** to be worn during Physical education class. No pierced earrings please. We are enclosing a copy of the district policy, which was first introduced in 1993. (Please see reverse side.)
3. Girls should wear shorts or leotards under their dresses so that they can participate safely and without embarrassment.
4. Your child should wear clothes that permit freedom of movement without fear of getting dirty.

#### **Grade 6**

1. Same as grades K-4. See #1 above.
2. Same as grades K-4. See #2 above.
3. All students should have a change of clothing for Physical Education. A complete change of clothing consists of a t-shirt, shorts, socks, and sneakers. **Gym clothing should be different from that worn to school.**
4. Students must have a sweatshirt for outdoor activities in cooler weather. In addition, a pair of sweatpants or a warm-up suit may be permitted only at the physical education teacher's discretion.
5. Please label your child's gym clothing to prevent loss.
6. Your child will be issued a lock for his or her locker and will assume responsibility for this lock. Loss of the lock will require a \$3.00 payment.

### **Excuses**

A parent's note requesting an excuse from participation in physical education classes will be honored for a period of **no longer than one week**. An excuse for a longer period of time will require a note from a doctor. Your child must report to class, even if excused from participation in all activities.

**THANK YOU FOR YOUR COOPERATION  
THE MOUNT PHYSICAL EDUCATION DEPARTMENT**

Sincerely,

Jeff Bryant

Erin Triolo

Enrico Chacon

