

**SACHEM CENTRAL SCHOOL DISTRICT
PHYSICAL EDUCATION DEPARTMENT
SEQUOYA MIDDLE SCHOOL
2009-2010**

Dear Parents and Students:

We would like to acquaint you with the policies and procedures of our Middle School Physical Education Department. The secondary physical education curriculum in the Sachem Central School District is a fitness-based curriculum, which starts at the middle school and is continued throughout high school.

During the school year, students will participate in a variety of activities, as well as prepare for the Physical Best Fitness Test.

DRESS: All students must change for class every PE day. Appropriate shorts (**must be at least a 4 inch inseam**) and a shirt (**no spaghetti strap or tank tops**) are to be worn during physical education class. Although optional, a pair of warm-up pants and a sweatshirt is suggested for outside activities. In addition, athletic style sneakers must be worn. In order to provide adequate support, these sneakers must be secured by Velcro-straps or laces that are **appropriately tied**. Slip-on sneakers or sneakers with heels or soles greater than 1" thick are strictly prohibited.

JEWELRY: With the utmost regard for student safety and in conjunction with district policy, students will be required to remove ALL jewelry before participating in physical education class. However, jewelry worn for medical reasons is allowed, but a note should be given to the teacher. Newly pierced ears with post-style earrings that cannot be removed must be covered. A parent note stating the date the piercing was done must be handed into the physical education teacher and it is the student's responsibility to cover the jewelry completely with medical tape or band-aids. In the absence of such procedures, students will not be permitted to participate in physical education class for that day and will not receive class credit for that day. The use of mouth guards are recommended for all students who wear braces.

GRADES: The numerical grades for each marking period are based on 60% of the daily fitness requirement, 30% on the demonstration of basic skill competencies, and 10% (10 points) on HW and/or written quizzes. **Homework on the original form will be accepted during your phys ed class period only. If you forget it in your hall locker, you will NOT be allowed to go and get it.** You would have to hand it in the next class and take a penalty for being late. Late homework will be penalized as follows: one class maximum worth 5 points, two classes maximum 3 points, three or more classes no credit. Lost homework assignments will not be replaced. For a student to receive full credit for the fitness portion of the grade, it is necessary for him/her to execute every mini-fitness lesson.

EXCUSES: Students must be prepared and participate in all activities unless they have a current, signed doctor's note.

- A. A doctor's note should include a return date. If the doctor's note says "until further notice," another note is required after one month's time.
- B. It is the student's responsibility to return to class when the medical is over. If not, it will be considered an unexcused absence.
- C. Students will receive a grade of "M" if excused for the majority of the marking period.
- D. If a parental note is brought in, students will still be **REQUIRED TO CHANGE**, stay with the class, and modify the activity where possible.

UNPREPAREDNESS:

- A. There will be parental contact via phone or note. The note must be signed by a parent or guardian and returned on the day detention is assigned.
- B. Lunch detention will be assigned after being unprepared 2 times in one quarter.
- C. After school detention will be assigned after being unprepared 3 times and every one thereafter in one quarter.

If you have any questions, feel free to contact the Physical Education Department at (631) 207-7111 (boy's PE office), 207-7112 (girl's PE office).

SEQUOYA MIDDLE SCHOOL

FULL VALUE CONTRACT

As students of Sequoia Middle School it is vital that we establish a working agreement between all participants regarding ground rules in physical education class. This is to be known as the **FULL VALUE CONTRACT**. This contractual agreement will be the foundation on which a safe, productive and worthwhile learning environment is formed.

I agree to fully honor the following 10 steps of the FULL VALUE CONTRACT:

1. I agree to be on time and prepared for class.
2. I agree that there is to be no jewelry worn or gum chewing in class.
3. I have read and understand the disciplinary policy for Sequoia Middle School.
4. I will be aware of group safety at all times.
5. I will listen to my teacher and classmates without interrupting.
6. I will agree to always try my best.
7. I agree to be respectful, responsible, and cooperative to my classmates and teachers at all times.
8. I agree to be open-minded when trying new activities.
9. I agree not to put others down.
10. I will uphold the Sequoia Motto to "Play Hard, Play Fair, and Play Safe" at all times.

SEQUOYA PHYSICAL EDUCATION DEPARTMENT'S **RULES AND REGULATIONS** **TO A SUCCESSFUL SCHOOL YEAR**

1. STUDENT HANDBOOKS ARE TO BE BROUGHT TO PHYSICAL EDUCATION CLASS.
2. BE ON TIME TO CLASS. THAT MEANS BE INSIDE THE LOCKER ROOM WHEN THE BELL RINGS. IF YOU ARE DETAINED BY A TEACHER POLITELY ASK FOR A PASS. A WARNING WILL BE GIVEN FOR THE FIRST LATENESS, A LETTER WILL BE SENT HOME AND LUNCH DETENTION WILL BE ASSIGNED FOR THE SECOND LATENESS, AND AFTER SCHOOL DETENTION WILL BE ASSIGNED FOR THE THIRD LATENESS.

3. YOU MUST CHANGE YOUR CLOTHING FOR EACH CLASS. THIS MEANS APPROPRIATE SNEAKERS, TIED CORRECTLY.
4. AS PER DISTRICT POLICY, STUDENTS WILL BE REQUIRED TO REMOVE **ALL** JEWELRY BEFORE PARTICIPATING IN PHYSICAL EDUCATION CLASS. IF A NEWLY PIERCED POST EARRING MAY NOT BE TAKEN OUT, THE STUDENT MUST PROVIDE THE COVERING FOR IT, OR SIT OUT OF CLASS AND RECEIVE NO CREDIT FOR THAT DAY.
5. A NOTE FROM HOME EXCUSING YOU FROM CLASS, STILL MEANS YOU MUST GET CHANGED.
6. YOU WILL BE GIVEN 5 MINUTES TO DRESS AND REPORT TO YOUR SQUADS FOR THE DAILY FITNESS REQUIREMENT PORTION OF THE CLASS. (TIME BEGINS AS PASSING TIME ENDS).
7. IF NECESSARY THE LOCKER ROOM WILL BE LOCKED 5 MINUTES INTO THE PERIOD AND WILL NOT BE OPEN UNTIL CLASS ENDS.
8. ALL OF YOUR POSSESSIONS MUST BE LOCKED UP AT ALL TIMES.
9. APPROPRIATE BEHAVIOR IN THE LOCKER ROOM WILL BE EXPECTED AT ALL TIMES.
10. FOUL LANGUAGE AND ABUSE TOWARDS OTHERS WILL NOT BE TOLERATED.
11. RESPECT TOWARDS TEACHERS AND FELLOW STUDENTS WILL BE EXPECTED AT ALL TIMES.
12. RESPECT TOWARDS SCHOOL PROPERTY WILL BE EXPECTED AT ALL TIMES.
13. LONG LOCKERS ARE TO BE USED DURING YOUR CLASS TIME AND AFTER-SCHOOL ONLY. NO LOCK SHOULD BE ON A LONG LOCKER OVER NIGHT OR DURING THE SCHOOL DAY.
14. GUM CHEWING IS NOT PERMITTED IN PHYS ED, AS SEQUOYA IS A GUM – FREE SCHOOL.
15. CANDY, DRINKS, AND FOOD ARE NOT PERMITTED IN THE GYMNASIUM AND THE LOCKER ROOM. THIS INCLUDES IN-SEASON ATHLETES AS WELL. PLEASE NOTE THAT **THERE ARE MANY SEQUOYA STUDENTS WITH FOOD ALLERGIES.**
16. IN SEASON ATHLETES WHO ARE UNPREPARED FOR PHYS ED CLASS WILL NOT BE ABLE TO PARTICIPATE IN PRACTICE OR A GAME THAT DAY ALTHOUGH, THEY MUST STILL ATTEND
17. FOR HEALTH REASONS NO AEROSOL OR SPRAY CANS, AND PERFUME/COLOGNE MAY BE USED IN THE LOCKER ROOM.

18. DURING EACH CLASS, YOU ARE EXPECTED TO ACTIVELY PARTICIPATE IN A POSITIVE MANNER.

19. THE ABOVE RULES AND REGULATIONS ARE TO BE FOLLOWED THROUGHOUT THE SCHOOL YEAR. DISREGARD FOR THESE RULES WILL LEAD TO IMMEDIATE DISCIPLINARY ACTION.