

Mitchell Middle School
Physical and Health Education
“Get Fit for Life”

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PE clothes may be purchased at the student store window before school and lunch
\$7 per shirt, \$7 per shorts, Cash or Check (Payable to Mitchell Middle School)

PE clothes will be passed out in PE classes starting September 17th

First day of dressing down is September 22nd

Subject to change based on needs

Parents and Guardians, the following are helpful throughout the year:

- Reinforce the importance of daily exercise
- Early dismissals: Please communicate with the office and your student about times for early dismissals ahead of time. This will ease the process of picking up.
- Email communication is the preferred method of communication
- If students are unable to participate due to injury or illness please send a note or email. If it is for an extended period of time alternative arrangements may be made

SAFETY:

Student safety is a primary concern. We will be following **all** district policies in regards to Covid protocols.

Potential risk factors are minimized by:

1. Students must never go into the gym or locker room or use equipment without permission and supervision of a teacher
2. Report injuries to the teacher immediately
3. Shoes must be worn at all times, unless an activity is approved by teacher
4. Students are not to leave the supervised area(s) without permission of the teacher
5. Sanitize hands before and after using equipment

Locks and Lockers:

- Locks and lockers will be assigned the second week of school
- Students will be responsible for locking up all of their belongings when in PE class in their assigned locker
- Time will be provided at the beginning of the period and the end of the period to gather belongings
- PE lockers are only accessible during PE class and the within 10 minutes of school ending
- Students will be issued a combination lock to use on their assigned PE locker
 - Students may not bring their own lock
 - Students should keep their combinations private. They can ask for help from the supervising teacher if they need support

PE Clothes:

- Mitchell Physical Education uniform or alternative uniform, athletic shoes, and socks. Per district policy, students are required to wear clothes that are suitable for the school activities in which they participate (BP 5132)
 - Alternative uniforms are plain black, white, grey, or blue shirt and athletic style shorts.
- Students will change into a PE uniform for class and change out of it at the end of the period. Students should not wear PE clothes to any other class
- PE Clothes will be labeled with black marker by the PE teachers
- Students may find that keeping an extra pair of shoes and socks in their PE locker is very convenient, as the grass may be wet

We recognize that many families wish to provide supplies for their own student or donate materials to the school and are welcome to do so at any time. The supplies listed are suggested materials and are not required of any student or family to fully participate in the school's academic program. All required materials and supplies will be provided by schools to students at no cost.