

Dear Parents and Students,

Welcome back for an exciting year at Monsignor McHugh School. My name is Miss Michelle Swiderski and I am the Health and Physical Education at MMS. Below are some basics that you and your student should know about the upcoming year. If you need to order uniform attire, please contact the office for the form.

Physical Education Attire

Please follow the dress code for Physical Education as it is outlined in the handbook and on the back of this page. Below are the consequences for not following the dress code:

- 1) Verbal Warning and lose 2 points for the day. (4th and 5th grade will lose 1 point each day for not having their bag with their shirt and deodorant.)
- 2) Lose 2 points for the day.
- 3) Sit out, lose all 5 points for the day, and complete a written assignment. An infraction will be given for the 3rd day and any days after.

**This system will start over each month.

Grading & Assessment

In Physical Education, the students will be graded daily. In order to receive the full 5 points the students must do the following:

- 1 Point: Come into the gym and sit nicely and be ready to participate (includes dress code).
- 3 Points: Be actively participating (this includes good sportsmanship)
- 1 Point: Cleaning up/lining up quickly and quietly

Classroom Rules & Procedures

I ask that the students abide by the following rules for Health and Physical Education:

- 1: Be prepared
- 2: Please follow directions at all times
- 3: Respect others
- 4: Help to create a positive and safe environment

If these rules are not followed there may be consequences:

- 1: Verbal warning
- 2: Meet with teacher with a written warning
- 3: Call home/ Conference
- 4: Office visit/ infraction

** Due to the severity of the action, some consequences may be bypassed.

If your child is not participating in Physical Education for the day I need a note signed by a parent/doctor/nurse excusing the child for the day(s). If I do not receive a note they will be marked as unprepared and the proper point deduction will be assessed.

Please feel free to contact me at any time with any questions or concerns.

I look forward to having a great year!

Sincerely,

Michelle Swiderski

Physical Education Uniform Info

Shorts are worn between the opening day of school until October 15th and then again from April 1st until the last day of school.

K-3: Wear MMS PE uniforms on PE day. School monogrammed short-sleeved or long-sleeved t-shirt with school monogrammed shorts or sweatpants. White, navy blue, or green crew socks. Any color sneakers that tie or have Velcro fasteners. Shorts cannot be more than 3 inches above the knee.

4-5: Wear MMS PE uniforms on PE day but bring an extra t-shirt (free of logos) to wear for PE class, partial changing in locker room. School monogrammed short-sleeved or long-sleeved t-shirt with school monogrammed shorts or sweatpants. White, navy blue, or green crew socks. Any color sneakers that tie or have Velcro fasteners. Shorts cannot be more than 3 inches above the knee.

6: Wear MMS formal school uniform to school and change into MMS PE uniform, full changing in locker room. Change back into MMS formal uniform after PE class. School monogrammed short-sleeved or long-sleeved t-shirt with school monogrammed shorts or sweatpants. White, navy blue, or green crew socks. Any color sneakers that tie or have Velcro fasteners. Shorts cannot be more than 3 inches above the knee.

7: Wear MMS formal school uniform to school and change into MMS PE uniform, full changing in locker room. Change back into MMS formal uniform after PE class. Students may choose to wear the school monogrammed PE shorts and t-shirt, or their own navy blue PE shorts with an MMS t-shirt of their choice. White, navy blue, or green crew socks. Any color sneakers that tie or have Velcro fasteners. School monogrammed sweatshirt or other MMS sweatshirt may be worn weather permitting. If students choose their own attire, shorts must be of sweatpant or nylon material and be knee length (short-shorts are NOT permitted.) Hoodies are also NOT permitted.

8: Wear MMS formal school uniform to school and change into own choice of PE attire (8th grade privilege), full changing in locker room. Change back into MMS formal uniform after PE class, unless PE class is last period of the school day. Shorts must be 3 inches above the knee (no short-shorts are permitted.)

Kindergarten- Grade 3

Students will need to wear their PE uniforms to school. This includes their proper MMS shirt and pants as well as sneakers.

Grade 4-5

Students will come to school in their MMS shirt and pants as well as sneakers. The students will need to have a bag with a change of shirt and deodorant. The students will be required to change their shirt for their PE class period. The students may either change their shirt just for the class period or wear their PE shirt to class and change their shirt after class.

Grades 6-8

Students will wear their MMS uniform to school and change completely into their MMS PE uniform for the class period and then back into their MMS uniform for the remainder of the day. Students should have a bag for their clothes and deodorant. Please note- 8th graders do not have a PE uniform and are allowed to wear any athletic clothing for their PE period. However, short shorts or any other inappropriate clothing will not be allowed.

If you have any questions about the PE uniform or have any problems, please feel free to email, call or send a note in with your child. This information is also in the handbook.