

UNIFORM POLICY

Uniforms in my Physical Education classes are **necessary and mandatory**. Attendance, dressing in proper uniform, and participation are critical to a student's success in Physical Education.

Proper Physical Education attire include the following:

- **Black shorts** (mandatory)
- **Socks** (mandatory)
- **Gloves** (optional)
- **Grey T-shirt** (mandatory)
- **Black sweatpants** (optional)
- **Hats** (optional)
- **Athletic shoes** (mandatory)
- **Grey sweatshirt** (optional)

Students are **ALWAYS** expected to dress in proper physical education attire. This includes any period of time they may be excused with a medical note, (see medical excuses page for additional info). Students will be notified ahead of time if there are any planned non-dress days.

WHY? Proper Physical Education uniforms allow students to move freely, comfortably, and safely during physical activity.

Students who are unable to dress for a reason beyond their control, **must bring a note before hand**, from home, explaining the circumstances; a parent/guardian signature is required. They will be expected to **fill out an "On the Bench in PE" form** and submit it with the note to their teacher after roll call. A non-suit for any reason will result in a partial or full loss of points for the day depending on the value of the day's activity and the limitations caused by the non-suit.

Students with **excused** non-suits or **excused** absences will be given the opportunity to make-up, up to 5 missed hours and missed points during lunch, or before or after school, if appointments are available. Make-ups must be completed within 2 weeks. Students subject to extended, excused non-suits/absences may discuss additional accommodations for recovery of missed hours.

DOs & DON'Ts	Description	
DO	Come dressed in your proper PE uniform to your PE class every day.	✓
Do NOT	Leave items in your locker unattended without locking your lock.	✗
DO	Have a second set of PE clothes in your locker, in case you leave yours at home.	✓
Do NOT	Wear your PE uniform over your school clothes!	✗
DO	Bring deodorant, sunscreen, chap stick, lotion, and any other personal hygiene items you may need.	✓
Do NOT	Spray excessive amounts of perfume or cologne in the locker rooms!	✗
DO	Leave a sweatshirt in your locker, in preparation for cold weather.	✓
Do NOT	Store food or drinks other than water in your locker	✗

***Any updates/changes to this policy will be announced in class and posted on my website.**