

Holly Ridge Middle School



Healthful Living Hand Book

HOLLY RIDGE MIDDLE SCHOOL

Healthful Living Dept.
950 Holly Springs Road
Holly Springs, NC 27540
Schools Main Office 919-577-1335

Welcome to one of the most important courses of your son/daughter middle school experience. This is a year long course that alternates on an every other day schedule. The purpose of this letter is for two reasons:

- 1. To make you aware of your child's participation in such a valuable application experience.*
- 2. To enlist your support in assisting your child through this most relevant course*

During the next year we will be exposing the classes to information in the areas of Lifetime Fitness, Stress Management, Nutrition, and Wellness. The value of participating in a program of this nature is obvious, but regular attendance is a must. That is why we are asking for your help in assuring your child's participation each day. Each and every class is important!!

We thank you in advance.

Sincerely

HRMS Healthful Living Dept.

"Physical Fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. The relationship between the soundness of the body and the activities of the mind is subtle and complex." JFK

Health and PE Rotations

Yellow:

Navy Blue:

PE and Health Dates: You will operate on an every other day schedule.

Example: Monday-PE, Tuesday-Health, Wednesday-PE, Thursday-Health, Friday-PE

Holly Ridge Middle School Physical Education Dept.

Our Physical Education Department takes great pride in its program, and hopes your child does too. We hope to develop an overall level of physical fitness in strength, agility, flexibility, cardiovascular endurance, and balance. We introduce each student to the rules, the strategy, and the scoring of the sports presented. We plan to develop skills in lifetime activities that encourage teamwork, cooperation, good sportsmanship and respect for others.

Activities we hope to address are: Aerobics, circuit training, badminton, basketball, flag football, floor hockey, Frisbee golf, ultimate Frisbee, softball, soccer, field hockey, Fitness gram, Capture the flag, etc.

Physical Education Requirements

The following information will help you and your child have a successful school year.

“DRESSING OUT,” means **CHANGING** into acceptable clothes for activities and changing back into school clothes after activity. Wearing Physical Education clothes to school is not an acceptable way to dress out. **A CHANGE OF CLOTHES MUST OCCUR!**

Needed and Required items for PE:

Shirt- gray t-shirt (HRMS PE Shirt)

Shorts- Navy blue shorts (HRMS Shorts) Shorts must be “appropriate” length and acceptable in fullness for freedom of movement. Sweatpants are acceptable and encouraged during cold weather days.

Shoes: Rubber soled tennis shoes

Unacceptable Shoes: topsiders, boat shoes, deck shoes, slip on canvas shoes, loafers, cleated shoes, elevated shoes, hiking boots, or flip-flops.

Please note: Physical Education uniforms are available for purchase the first weeks of school. Students are required to buy a school PE uniform.

Jewelry/Valuables

Students are not allowed to bring or wear any technology equipment or jewelry during PE. These items can interfere with class activities limiting participation. **The PE department or any student is not liable for any damages if this rule is not followed.** Keep all items secured in your locker. If you are seen with any of these items, you will be asked to remove them. Items include but not limited to: Cell Phones, Ankle Bracelets, Ipod, Bracelets, earrings, rings, watches, necklaces, etc.

Squad Lines

Each teacher will have squad lines for roll call. Once you have dressed out, you are to report the gym and do warm-up. Once the whistle blows report to your squad line quietly. We have a limited amount of time for class; therefore it is vitally important that you report to your squad line for attendance. Hanging out in the hallway is not allowed.

Equipment

- No student shall abuse any equipment. Student must have permission from a teacher before using any equipment
- Upon entering the gym, no student is allowed to touch, move or play with any equipment that is placed in gym for class
- No Student is allowed in the equipment room unless given permission by a PE teacher
- If a student intentionally destroys any equipment, they will be expected to pay for the damage and replacement of item.

Gym Rules

- Be punctual for class
- No horseplay
- No gum, drinks, food allowed
- Bring a good attitude

Conduct

When behavior disrupts the learning climate of the class or the safety and welfare of others, the following may result:

- Removal from class, sitting in a designated area until class ends
- Administrative action involving the student and parents/guardians

Parents Please Read!

Illness:

If a student has been sick, is on medication, or feels sick during the day and is able to come to class, they are expected to dress out for class. The student needs to inform the teacher about their particular problem at the beginning of class. The student will then be assigned easy activities. Examples of activities keeping score for games, walking, or class activity except at a slower pace.

We **DO NOT** accept notes from home to excuse students from participating in PE classes

If a student cannot participate in PE for more than one day, you need to bring a note from your doctor requesting to excuse them from any physical activity. Students with doctor's notes will have an alternate assignment based on their restrictions.

SECURITY OF PERSONAL ITEMS:

Students are required to LOCK UP all personal belongings! They may use a locker in the gym locker room during the period they have PE. All belongings are strongly encouraged to be put in there locker and locked up. Students are not allowed to leave belongings in the gym locker when they do not have PE. All belongings left behind are subject to be placed in the schools lost and found.

Health and PE Grades

Each nine weeks student will be graded on participation (point system), skills tests and written tests. Health Education accounts for 50% and PE accounts for 50% of a student's grade.

Below is the grading percentage for both grades

The following items will result in the deduction of points from their PE grade.

- A student willingly does not participate
- Not dressing out
- Not following instruction
- Being late from locker room
- Being disrespectful to teacher and/or fellow students-poor sportsmanship
- Not giving your best in daily exercise
- Refusing to try

Distribution of PE points

Each teacher will distribute points differently, please check with your teacher

Consequences for not dressing out for PE.

1 st time not dressing out-	verbal warning
2 nd time not dressing out-	verbal warning
3 rd time not dressing out-	parent contact
4 th time not dressing out-	referral

Healthful Living Teacher: _____ Grade: _____

Please return this page to your Health and PE teacher after you have read the handbook.

I, _____ have read this handbook
(student name)

I understand I am responsible for knowing all the information in this handbook.

(student signature) (date) _____

_____ and I have reviewed this handbook. I
understand
(student name)

That my child is responsible for following the guidelines and expectations established.

parent Signature Date _____

Parent/Guardian name: _____

Home number: _____

Work number: _____

Email: _____

On the back, please list any physical conditions or health concerns that we should know about during PE. Please be specific or attach additional information for your child's safety.

The healthful Living Dept. will not be responsible for items stolen from a student's locker has been left unlocked or unattended.

Parents Initials: _____