

John Ware School Physical Education

Philosophy and Illness/Injuries Protocol

Participation in physical activity provides individuals with many health benefits, both physical and mental. One of the primary goals of physical education is to help foster skill development, sportsmanship and an appreciation for being active each day. Junior high physical education programs also expose students to many activities and sports that they may wish to explore further later in life. We understand that students will prefer some activities to others, but like any other subject, students are expected to approach each task with a positive attitude.

It is the responsibility of all students to come prepared for activity; they are expected to have **appropriate** running shoes and John Ware gym strip. Appropriate shoes have an athletic sole that won't damage the gym floor and provide athletic support. **All students must be wearing a John Ware gym shirt, and they must have changed into athletic bottoms like shorts, sweats, or leggings.** We have different styles of gym shorts that are available for purchase and we recommend them. If a student loses their gym strip, they are responsible for purchasing a replacement. Students can use the gym strip from a previous year if they have it.

We recognize the frustration with our clothing provider last year and have a new provider who has extremely quick delivery times- within two weeks. Sample sizes are available if students wish to try them on. Again, students must be in athletic clothing and footwear as this allows them to properly engage in the activities. The instructions for ordering the gym strip are provided on a separate sheet. If cost is a concern, you must contact the office.

Students are provided with a gym lock and locker. They must use the school-provided lock. If they damage or lose the lock, they are responsible for paying for the replacement at a cost \$10. They should not share their combination with other students. Students return the lock at the end of the year.

We have some alternate spaces to accommodate those students who cannot change in the changerooms located by the gym. We will speak more about these spaces with students during our PE welcome orientation.

It is our belief that students who are well enough to be in school are generally well enough to participate in Physical Education activities.

- In circumstances where a student has an illness or a minor injury (common cold, sore throat, stomach ache, bruised muscle, sore muscles from a strenuous activity, etc.) that reduces their ability to participate, we request a note or email from the parent/guardian explaining the nature of the ailment.
- Parents/students should always ensure that they email or give their note to their PE teacher. Do not email or give notes to their homeroom teacher.
- If a student has an ailment that is more serious, an email/note from a parent/guardian will excuse a student from class participation for a maximum of 3 days (a note is valid for one day unless otherwise stated in the note).
- If the injury/condition is likely to affect involvement in 4 or more successive PE classes then a doctor's note or physiotherapist's note will normally be required, specifying range of dates affected.
- Upon return to activity for the student, the Physical Education department may require instructions from the student's doctor or physiotherapist on how to modify their activity until the student can fully participate.

In all cases of injury or illness, students will participate in modified activities that we will adjust to their condition, unless all forms of activity are expressly forbidden by a doctor (i.e. concussion).

Parent(s)/Guardian(s), please sign below to acknowledge the above physical education policy.

Thank you for supporting our goals in physical education at John Ware School. If you have any questions or concerns, please contact Dionne McLellan at drmclellan@cbe.ab.ca. We look forward to seeing you at Open House.

Go Longhorns!

Student's Name: _____ Student's PE Period: _____

Signature of Parent/Guardian: _____

Printed Parent/Guardian Name: _____

Date: _____