

Parents and Guardians,

Welcome back. The Kendall Physical Education staff (K-12) has worked on several areas of our program over the past few months and we would like to share some of what our focuses have been. We would like to reinforce practices that have been successful and introduce new information.

- All students should be prepared for PE with proper footwear. This is to make sure that all students are able to participate safely for themselves and their classmates. Students in grades 4-12 are expected to fully change for PE. If a student consistently forgets their clothes, we will provide clothes and/or sneakers for them.
- Our goal is to provide skills, activities and information to provide our students with the tools to live a healthy lifestyle now and for life. We have updated several units to give us the tools to promote motor skill growth on a continuum from Kind. through 12th grade.
- In order for our students to be successful in physical education, they need to be physically engaged. We would like to share our policy about medicals and parent notes to excuse their child from PE for injury, sickness, etc.
 - each child will be allowed 1 parent excuse from PE every quarter. If the student needs to miss more than 1 class, a Drs. excuse will be needed. When we receive an excuse from the Dr., the school nurse will send a form to the Dr. (a sample is on the back of this letter) to let us know what activities will allow the student to safely participate to maintain fitness levels for that particular injury/sickness. The student will participate fully when discharged from the Dr's care.
 - NYS mandates that all students receive physical education to promote fitness. With the cooperation of the Dr. we will be able to safely do that for all students.

If you have any questions, please feel free to contact your child's physical education teacher.