

2022-23 Physical Education Rules and Expectations:

Welcome back parents and students!!! We are excited to have everyone back at Clinton Street Elementary for the new school year. There have been some changes to the P.E. requirements in some of the grade levels that may affect you this year. Please see below:

Students must wear **SNEAKERS** ONLY when participating in P.E. Class. The following are not permissible: sandals, boat/water shoes, slip-ons, boots, flip flops, shoes, pumps, heels, spinners, etc.

No jewelry allowed. This includes: dangly earrings, rings, bracelets, necklaces, etc.

No food, gum, candy, drink (unless accompanied by a medical note) allowed in the gym at any time.

All medical notes must be given to the school nurse prior to P.E. class. If the nurse isn't available, please take the note to the office and they'll place it in our mailbox. Please alert the P.E. teacher upon arrival of the note.

Students should alert the P.E. teacher immediately of any accidents, injuries or problems that may occur during class.

4th and 5th Grade students ONLY: Students are asked to bring a change of clothes to school on Physical Education days in order to change from their school clothes into their "gym clothes". They will do so in the locker room before and after class. Comfortable clothes are suggested. (Ex: shorts, t-shirts, jogging pants, sweat pants).

- o It is recommended that students bring a sweatshirt in case we go outside on cooler days and a different set of sneakers in case of mud or wet grass.

- ✓ **Failure to comply with any of the above rules/expectations may result in a partial "Time Out" or non-participation in the class. This will be at the total discretion of the P.E. teacher(s).**

If you have any questions or concerns please feel free to contact us with the contact info below. Thank you!

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