



**Earl of March High School
Physical and Health Education Department
General Department Policies**

Gym Dress

To allow students to perform in safe hygienic environment students will change clothes for class. A t-shirt, shorts or sweatpants, socks and *proper footwear* are required, no sandals. Dress for outdoor activities will be outlined by teacher. **Money or jewelry should not be left in the change room.** Please leave valuables in your lockers

Accidents

Any accidents, no matter how minor, **MUST** be reported to the teacher. If an accident is serious in nature alert the teacher at once. Do NOT move or TOUCH the injured person.

Medical Excuses for Non- Participation in Class

A note from home is required to be excused from active participation in class. You must come to class and participate to the limit of your ability. If you are to be excused for more than three days, you must bring a **medical certificate** from your doctor. This note will indicate when you can resume regular class participation.

Gymnasium and Storage Rooms

A teacher or coach must be present in the gym area when being used. Students are asked not to go in the storage areas unless directed by a teacher or coach. No food or drink is permitted in the gym at any time.

Notebooks

Students are asked to maintain a notebook for health and physical education courses. Grade 9, 10 & 11 are required to supply a binder for their health and summative evaluation portfolios.

Assessment and Evaluation

Each unit in physical and health education will be assessed and evaluated by the teacher. It will involve a variety of assessment and evaluation techniques ranging from practical skill testing to written tests/quizzes, reflections, reports, journals, web pages, and project/seminars, etc... All units will be assessed daily on effort and behaviour as well as attendance and P.E. uniform. **It is a student's responsibility to make arrangements for missed tests or assignments to be completed.** No mark will be given if a test or assignment is left incomplete.

Interscholastic and Intramural Participation

Students are encouraged to participate in interscholastic and Intramural sports.

Students Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____

Earl of March Secondary School H.P.E. Department

Dear Parents / Guardians,

Vigorous physical activity is essential for normal, healthy growth and development. Growing bones and muscles require not only good nutrition, but also the stimulation of vigorous physical activity. Active participation in games, fitness activities, and outdoor pursuits allow for students to gain the confidence necessary to pursue a physically active lifestyle. The physical education program provides opportunities for student to become active and empower them to make good decisions regarding personal fitness/ wellness. We hope to instill the value of lifelong physical activity and fitness.

You should know that our focus is to give students as many opportunities as possible to experience a wide variety of activities they can/ may continue as adults. Some of our in-school selections require that student leave the school property during the day. Activities such as, cross country running, cycling, skating (rink/canal), broomball, hiking, cross country skiing (Gatineau) and tennis require we use the areas of the neighborhood. Please be advised that these activities will take your child off the school grounds.

Students may at times be required to provide certain equipment. For example, if your child will be cycling this year, he/she MUST wear a certified helmet. Our school budget does not allow us to maintain a class set of helmets, so we would ask the student to provide one.

Elements of Risk Notice

The risk of injury exists in every athletic activity. However, due to the very nature of some activities, the risk of injury may increase. Injuries may range from minor sprains and strains to more serious injuries. The safety and well being of students is a prime concern and attempts are made to manage as effectively as possible, the foreseeable risks inherent in physical activity.

It is important that your child participate safely and comfortably in the physical education program. In you child's best interests we recommend the following:

- An annual medical examination.
- Appropriate attire for safe participation, as prescribed by the teacher. Hanging jewelry must not be worn. Jewelry, which cannot be removed and presents a safety concern, must be taped.
- The use an eyeglass strap and/or shatterproof lens if your child wears glasses which cannot be removed during activities.
- Safety inspection at home of any equipment brought to school for class use, e.g. Skis, skates, helmets.
- Because of the recognized value in reducing the occurrence of concussions and mouth/ tooth injuries, it is strongly recommended that students involved in Physical Education classes and School Sport wear a mouthguard when required.

If you have any questions or concerns about the programs please call us at 613-592-3361. We would be happy to discuss our courses with you.