



Westheights Public School

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September 16, 2015

Physical and Health Education

Dear Family,

Physical Education classes have begun. It is essential that your son/daughter come prepared to each class with school approved shorts, t-shirt, socks and running shoes to allow for greatest participation and maximum benefits. We recommend a separate pair of running shoes to be worn indoors only. This will assist us in keeping the gym floor clean and clear of debris for safety purposes. All Westheights students should purchase a uniform from the school, consisting of black and silver shorts and t-shirt (our school colours), imprinted with the school name and logo. Students are encouraged to take their shorts and t-shirts home on a weekly basis to be cleaned. If a student forgets his/her uniform, he/she is required to borrow loaners for the period.

The price of the uniform is \$10.00 for a t-shirt, \$15.00 for shorts. An optional draw-string gym bag may be purchased for \$5.00. Please pay cash or make cheques payable to "Westheights School". Tax is included in the price. Students will be given their gym uniforms in Phys.Ed. class, but are asked to bring payment to room 19 during first nutrition break the week of September 19-23. Uniforms must be purchased by **Friday, September 23rd**. Students may wear uniforms purchased in previous years. Students/families requiring financial assistance should contact the school. We will ensure that this issue is dealt with in an appropriate, sensitive and confidential manner.

For safety reasons, platform style running shoes are not permitted for gym activities. Students are not allowed to wear watches, rings, necklaces and other jewelry in physical education classes. Valuables such as money, devices, jewelry, etc., should be kept in lockers during Phys.Ed. class not brought to the gym. We cannot be responsible for items lost in the gym.

Participation in physical education classes is compulsory for all students unless a note requesting exemption for the period is provided from home. If a student is to be excused for an extended period of time, then it will be necessary to provide a note from a doctor.

Health Education classes will be starting very soon. In Term 1, the areas of focus will be Healthy Eating as well as Personal Safety and Injury Prevention. In Term 2, classes will focus on Human Development and Sexual Health, as well as Substance Use, Addictions, and Related Behaviours.

We are looking forward to an active and rewarding year. If you have any questions or concerns about the physical education program at Westheights, please feel free to call us (519-744-3549). Thank you for your co-operation.

Sincerely,

B. Johnston, D. Murray, A. Harper, C. McGahey
Health and Physical Education Teachers



Waterloo Region
District School Board