

PHYSICAL EDUCATION NEWSLETTER



Welcome Back Everyone,

I am looking forward to a very exciting year! I hope you are as well! My name is Mrs. Fields. I will be at SFL full-time and I teach the Healthful Living curriculum. If you want to know more about the North Carolina Healthful Living curriculum and standards then check out the provided link (<http://www.ncpublicschools.org/curriculum/healthfulliving/scos/>). It provides a wealth of information! Your child's classroom teacher will provide a specials schedule. If you are not provided a schedule please feel free to contact me.

I truly believe in order for learning to occur it is essential that all parties, the parents, students and myself, cooperate and communicate regularly. In order to help keep the communication lines open between all parties please connect with me on Clasdojo and through email.

What might we communicate about:

- Your child being sick or hurt and unable to participate Please don't think that just because your child is on crutches, has a cast or a sling that it should be self explanatory. Please provide a detailed dojo message, email, written note or doctor's note so I will know what happened, any restrictions or limitations and the duration of time your child will be unable to participate in physical activity.
- Why your child does not have his or her tennis shoes and is unprepared for my class. Being prepared for PE with proper shoes and clothes is part of your student's PE grade as it will be throughout the remainder of their years through middle school and high school PE classes. Feel free to send me a detailed dojo message, email or written note explaining why your child is not wearing tennis shoes for class that day. I know life happens, shoes get washed, you were running late, or couldn't find the other matching shoe. A simple explanation from the parent will let me, the teacher, know you, the parent, are aware that your child was unprepared and will not be able to participate in PE class that day.
- Behavior problems. Your child should earn 8 dojo points each time he or she comes to PE. Earning all 8 points ensures your child earns their specials dojo point in their homeroom. This is part of the PBIS (Positive Behavior Incentives System) framework. Your homeroom teacher should have provided you with details concerning PBIS and their classroom dojo expectations. Any behavior problems are documented on the PE dojo with warnings which equal 0 negative points and red points which have a -1 point value Which means your child did not earn 1 of the 8 expected PE dojo points. Please refer to the attached letter for more information about Class dojo in PE.

I will try my best to provide a successful year for your child here at Sandhills Farm Life and would ask for your support at home as well.

Here is a general idea of what will be taught to your child this year.

- The lessons are based on the NC Healthful Living Curriculum
 - ✓motor skills development
 - ✓Motor skill concepts
 - ✓personal responsibility,
 - ✓fitness
 - ✓Personal health and well being
 - ✓A variety of sports/activities along with integration of the classroom curriculum
 - ✓Skill based learning in various sports areas
- This type of program will enhance your child's mental, physical, and social development





Here is what your child will need for Physical Education class this school year.

TENNIS SHOES:

- ❖ Completely **flat sole** on the bottom **with laces or Velcro.**
- ❖ Foot must be enclosed completely in shoe (**no strap** across the back heel and **no slip on** shoes please; example: Vans, Sperry or Toms **are not** acceptable)
- ❖ No dress shoes, boots, hiking boot like shoes, flip flops, sandals, keens, sperrys, Toms, crocs or slip ons of any kind.
- ❖ Your child may bring tennis shoes to school and change for PE
- ❖ This is to ensure your child's safety



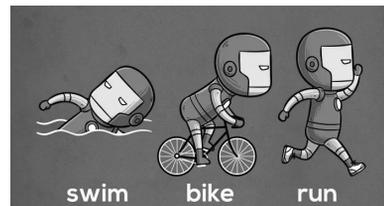
COMFORTABLE CLOTHES:

- ❖ No dress clothes, dresses or skirts (students will be on the floor at times during some activities)
- ❖ Exceptions will be made on Picture Day!

✓ Proper attire for PE class will assure your child's safety and maximize his/her performance. Your child's grade will be affected by not complying with the shoes/dress requirements. All students are required to participate and perform to the best of his/her ability. Students are encouraged to bring **water** bottles as it will be very hot as the school year begins.

Grade system:

- ❖ Dress/Shoe requirements
- ❖ Participation, (effort, ability, listening and following directions)
- ❖ Behavior (attitude, good sportsmanship, respect and cooperation).



PE Web Page

- Please check out the PE web page on the school site as there have been several changes. The website posts vital information, links.
- <http://tinyurl.com/SFL-Fields> or scan the QR code to go straight to website



I am very excited about the Physical Education Program at Sandhills Farm Life and look forward to this year! I can be reached through email or by phone: Sandhills Farm Life (949-2501).

Thank You,
Sandy Fields, BA, MS, NBCT
SFL Physical Education Teacher
sfields@ncmcs.org

IMPORTANT DATES

1. Field Day- May 8th / Rain date May 11th
2. Health class for 4th & 5th grades December 17th-19th

