

P.E. & Health Newsletter

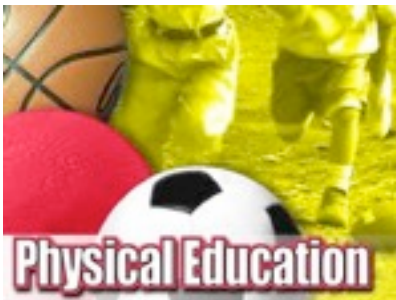


St. Marks Catholic School

August 29, 2010 Volume I

Welcome to School Year 2010 - 2011

The best way to contact me is through email: agorney@stmarksboise.org. I check email throughout the day and will get back to you quickly. In an emergency, call the front office and leave a message. All newsletters or information about my programs will be posted on my website: www.agorneyfitness.yolasite.com Please bookmark the site on your computer. If you DO NOT have internet access please send me a note.



Physical Education
My goal this year is to provide every child with a positive experience in P.E. You, the parent, play a huge role in helping me accomplish this goal

by ensuring your child has the proper footwear and attire. Most importantly, refer to the website for your child's P.E. schedule. On P.E. days please make sure your child wears an athletic shoe that either ties or has velcro closures. In addition, the shoe MUST have a non-marking sole. Dress shoes, Sketchers, and skate shoes, although pretty, are not functional for P.E. Therefore, if your child is wearing this type of shoe on a P.E. day, please send a pair of athletic shoes so he/she may participate. In addition, girls wearing jumpers on a P.E. day should wear shorts underneath. Students in grades 5-8 are required to follow the P.E. uniform guidelines. Order forms can be found on the website or at the front desk at school.

Health: Students in grades 7 and 8 are required to take one semester of health. Seventh grade students in Mr. Hopkins' class have health the 1st semester. Mrs. Schuettes' class will have health the 2nd semester. When the students are not in health they are in physical education. Eighth grade students will be in physical education the 1st semester and health the 2nd semester. All homework assignments are on



the website. If your child is absent, he/she needs to check daily on the website for the assignment. It is the responsibility of the student to complete and turn in their assignments on time.

A composition book is required for each student. This is their textbook. All assignments and notes are to be kept in this book. Students will turn their journals in on a regular basis and will be graded.

Website: Everything you need to know is on the website. Student Health Assignments, After school Sports, Policies, Grading, Expectations, Forms, Special Events, Volunteer Opportunities, Breakfast of Champions, Class schedules, etc.

Enjoy the website. Thanks for sharing your child with me!