

# Physical Education Parent Note

## **Dear Parents and Guardians,**

Studies show physical fitness:

- improves clear thinking.
- increases self confidence.
- positively impacts a student's performance in school.

The goal at Immanuel Lutheran School is to provide the skills and opportunities for your child to learn and embrace health and fitness for life.

## **The Parent's and Guardian's Role**

To help your child be successful this year, please follow our fitness program guidelines:

### **Parent Notes**

If your child needs to be excused from fitness activities, please provide a note from you and/or a doctor explaining:

- why your child can not participate
- date when your child will be able to participate in class.

\*This includes leaving class early for other commitments.

### **Gym Shoes**

Your child will need gym shoes (sneakers, tennis shoes) to participate in activities. They must have a flat bottom (no heel) and the foot must be fully covered. Sandals, Crocs, clogs, dress shoes, boots, and any heeled shoes are not appropriate for class and may cause injuries to your child. Students who come to class unprepared will sit for the duration of the activity/class period. This may result in a lower grade.

When students come to class it is expected they are prepared for class, respectful of others and themselves, and to ***always do their best!***

If you have any questions regarding Physical Education, please feel free to contact me.

Mrs. Nelson

morgannelson@ilsgaylord.org

---

I understand the expectations of Physical Education class.

---

(Student Signature)

---

(Parent/Guardian Signature)