**Jamestown Middle School**

301 Haynes Road

Jamestown, NC 27406

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# Dr. Trent Vernon, Principal Heather Shaw, Asst. Principal

**Duane Lewis, Asst. Principal**

August 29.2016

Dear Parents and Students,

I would like to welcome you to Jamestown Middle School and to my Physical Education and Health class. I am so excited to begin my 23rd year of teaching and 22nd year at Jamestown Middle School! I hope you had a wonderful summer break and are ready to learn and grow as we move through this school year together! I would like to share some expectations and guidelines to assist in making this a successful year for you and your child. Our theme this year is to build futures. We want to strive to do whatever it takes for each student to be successful and grow toward their future goals! I believe if we are willing to work together and strive to do our very best, we will build futures. When we take ownership of everything we do and every teachable, learning moment with the focus of building futures, we will have an extraordinary year!

**The purpose of Physical Education and Health** is to provide opportunities for students to gain current knowledge of physical fitness facts, healthful living practices, leisure time pursuits, stress management techniques, and to receive instruction in the skills necessary for successful participation in activities necessary for optimum health and physical efficiency.

**Physical Education Grading:**

* PE is worth 50% of your grade

30% = dress & participation

10% = Written/Skills Test

10% = Journal

* PE will be a two-week block and then rotate to health for two weeks.
* Each student’s daily PE dress & participation grade will be based on the PE & Health Rubric.
* Each student will be assigned a PE locker to use and lock up any personal belongings during PE class. We are NOT responsible for items taken because you did not lock up your belongings. **Please do not bring food, glass bottles of any kind, and drinks (other than water bottles) into the locker room. If they drop and break we have glass and a mess on the floor which is a safety issue.**
* PE dressing out means changing from the school clothes you wore to school and putting on a JMS PE uniform or an appropriate t-shirt, mid-thigh length shorts, socks and sneakers (tennis shoes). We will not tolerate short shorts, leggings with no shorts over them, cut off sleeves, tank tops or other items that reveal too much. Your child will be asked to change their clothes and dress out grade will be affected.
* The only excused notes accepted for an excused no participation and/or dress is a note from the parent/guardian or doctor. The note must have dates on it and be signed by parent or doctor.
* **ALL STUDENTS ARE EXPECTED TO FOLLOW THE PAWS SCHOOL WIDE EXPECTATIONS FOR THE GYM**

**Health Grading:**

* Health is worth 50% of your grade

30% = Classwork/Homework/Projects/Participation

10% = Health Test/Quizzes

10% = Journal

* Health will be a two-week block and then rotate to PE for two weeks.
* Each student’s daily Health grade will be based on the PE & Health rubric
* **ALL STUDENTS ARE EXPECTED TO FOLLOW THE PAWS SCHOOL WIDE EXPECTATINS FOR THE HEALTH CLASSROOM**
* If a student is absent, they will have 3 days upon their return to school to turn in any make up work or lose the opportunity to complete the assignment.

**PAWS School Wide Expectations for PE & Health:**

1. Practice Self-Discipline
2. Always Honor Diversity
3. Work with Integrity
4. Strive for Excellence

**Consequences for being disruptive, unprepared, and unexcused tardiness to class:** your grade will also be affected based on the PE & Health rubric.

1. 1st offense = Verbal warning
2. 2nd offense = Parent Contact
3. 3rd offense = After School Detention
4. 4th offense = Office Referral

**Supply List:**

1. Appropriate clothes to dress out in (see above).
2. Composition Notebook
3. Pencil/pen

**What if:**

...I don’t understand? ASK! I cannot read your mind and your questions are not stupid.

...I am absent? See teacher to get details of the assignment and work you have missed

...I don’t dress out and participate? It will hurt your grade, no doubt about it.

...my parents need to contact you? They can reach teacher at school by phone 819-2100 ext. 1403 for girls, voicemail ID (see list below), email (see below) or by writing a note.

**Additional important information:**

**\*FITNESSGRAM ASSESSMENT**: As part of our Physical Education program and Guilford County being committed to preparing its students to be physically active for a lifetime, we will complete a health-enhancing personal fitness assessment called FITNESSGRAM. The General Assembly of North Carolina has enacted House Bill 1757 that **requires** all students in grades K-8 to complete the fitness assessment. Students in grades K-8 will complete the FITNESS assessment in the fall and spring. The FITNESS is composed of 5 components: Aerobic Capacity, Muscular Strength, Muscular Endurance, and Flexibility.

\*\*The Body Composition test requires students have their height and weight recorded. Please note height/weight measurements are collected privately and are kept confidential. If you do NOT want your child involved in the Body Composition portion of the test, you must contact your child’s PE teacher. You can submit an email to your child’s PE teacher via email listed below or print off the “Opt Out” letter which can be found on my webpage (click on FITNESSGRAM). **All “Opt Out” requests must be submitted to your child’s PE teacher by Friday Sept.22, 2017. We will begin Fall Fitness Assessment the week of Oct. 2, 2017 and the Spring Fitness Assessment will begin the week of Feb. 26, 2018.** For more information about the FITNESSGRAM, please visit [www.fitnessgram.net](http://www.fitnessgram.net)

**\*CPR HIGH SCHOOL GRADUATION REQUIREMENT CLARIFICATION (8TH GRADE ONLY):** House Bill 837 was passed in July 2012. Starting with the graduating class of 2015, all students on a diploma track will have to pass Cardio-Pulmonary Resuscitation **(**CPR) in order to graduate from a North Carolina high school.

As part of the 8th grade health and physical education curriculum in Guilford County Schools, we teach CPR **and** provide each student the opportunity to become certified through the American Red Cross. If a student would like to become certified, he/she must pass the skills portion of the CPR test from the American Red Cross and pay $19.50 for the card. **If a student passes the skills portion of CPR and chooses not to purchase the card, he/she has fulfilled the high school graduation requirement of CPR.**

If you have any questions, please call the Office of Curriculum and Instruction at 336-370-8904

My goal for JMS Physical Education & Health students is to exhibit a physically active lifestyle, achieve and maintain a health-enhancing level of physical fitness and wellness, demonstrate responsible personal and social behavior in physical activity settings and understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interactions. I will also be updating my website that contains class information for parents and students. You can link to my website via the school’s website and then click on school staff. [**http://jamestownms.gcsnc.com**](http://jamestownms.gcsnc.com)

Thank you and if at any time you have questions or concerns please contact me! I look forward to working with you and your child and making this a great year! **Coach Williams** [**williak11@gcsnc.com**](mailto:williak11@gcsnc.com) **voicemail ID 203442**