

Sequoia Middle School

Dress Policies, Procedures and Expectations

1. Full participation and good hygiene requires student to dress out **daily**.
 2. **Proper Dress:** A Sequoia uniform or solid white T-shirt, solid green shorts, socks and lace-up athletic shoes that are tied securely. (**NO** open-toed shoes) No jackets, jewelry or sunglasses are allowed unless student is given prior permission from their P.E. teacher. No toys, food or drink are allowed in class. Please secure these distractions in your locker.
 3. All articles of clothing need to be clearly **marked** with student's full name for identification and prevention of theft.
 4. **Lockers:** Each student is assigned his/her own locker and is responsible for care and cleanliness of that locker and locker area. A teacher should be notified immediately if a locker is broken.
 5. All parent notes excusing full and limited participation will be honored for up to three consecutive days. Parent should explain the reason and number of days excused. A doctor's or medical note is needed for over three days. Please note any limitations, because our goal is for students to participate as much as their limitations allow. Students excused from all participation will still be required to dress.
 6. To support full participation, we will provide clean P.E. clothes. This will allow all students to participate daily. Since loaner clothes are available, failure to dress out may result in class suspension. Students may have one free use of loaner clothes per quarter with no consequence. Each additional use of loaners will result in a disciplinary action. (i.e. 1 - 3 days lunch detention.) Since we are not able to provide shoes and socks, students will be required to dress but will not be allowed to participate due to the safety concern. A second shoe/sock infraction will result in disciplinary action. Extra credit to make up for non-participation due to injury or illness or an absence will be allowed. Our goal is for all students to be successful.
 7. **Attendance/Participation:** Students are expected to attend and participate daily. Students who are absent for any part of a class period, for any reason, need to make-up those class points in order to maintain their grade. There are multiple ways that activity time may be made up. Please see your individual physical education teacher for details.
 8. **Expectations and Consequences:** 1) Students must be on time. 2) No unauthorized students in P.E. facilities. 3) Students must actively participate in P.E. class. 4) Students must exhibit appropriate behavior at all times. Failure to comply with the above will result in disciplinary action and/or loss of class points.
 9. **Grading Policy:** Students will be graded on the following criteria 1) Skill Development, 2) Active Participation, 3) Social Skills, and 4) Fitness Development
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I AGREE TO:

1. **PARTICIPATE TO MY FULLEST EXTENT.**
2. **DRESS OUT DAILY IN THE FOLLOWING**
 - WHITE T-SHIRT (WITH STUDENT'S NAME MARKED CLEARLY ON CHEST)**
 - GREEN SHORTS (NO SHORTS WITH ZIPPERS OR POCKETS & NO CUTOFFS.)**
 - ATHLETIC SOCKS (NO TIGHTS or NYLONS.)**
 - ATHLETIC SHOES WITH LACES TIED SECURELY (NO OPEN-TOED SHOES)**
 - SWEATS (RECOMMENDED FOR OUR COLD MONTHS – MUST ALSO BE CLEARLY MARKED WITH STUDENT'S NAME.)**
3. All PE clothes must comply with the Sequoia dress code.
4. **FOLLOW DIRECTIONS GIVEN BY TEACHERS.**
5. **FOLLOW ALL P.E. RULES AND PROCEDURES.**

NOTE: NO JACKETS, JEWELRY OR SUNGLASSES ALLOWED UNLESS STUDENT IS GIVEN PRIOR PERMISSION FROM THEIR TEACHER.

I REALIZE THAT, IF I FAIL TO DRESS PROPERLY FOR P.E. AND FAIL TO MAKE USE OF THE LOANERS, I WILL FACE DISCIPLINARY ACTIONS.

I HAVE READ AND AGREE TO THE ABOVE DRESS POLICIES, PROCEDURES AND EXPECTATIONS

STUDENT SIGNATURE _____ Student's PE Teacher & Period _____

PARENT/GUARDIAN SIGNATURE _____

PARENT COMMENT _____