Elementary Physical Education Guidelines

Your child’s PE day is on ____________________

**BRING WATER ONLY**
Liquids other than water have sugar in them and leave a sticky mess when spilled on the schoolyard blacktop.

*Name on the water bottle.*
*Do not freeze the bottles.*

**MUST WEAR PROPER ATTIRE FOR SAFETY AND HEALTH**

*Shoes:* Athletic shoes or Running Shoes that lace or strap up ONLY – no slip on shoes

*Athletic Clothes:* Shorts, pants, t-shirts, sweatpants, socks

*Hats* are allowed

*NO* sandals, dresses, skirts, jewelry

**WRITE A NOTE IF CHILD IS SICK or INJURED**
A student must have a note from home to be excused from EPE.
The note must include the following:

*Date,*
*Grade,*
*Student’s Name,*
*Teacher’s Name,*
*School Name,*
*Parent Signature*

**EAT A HEALTHY BREAKFAST**
Make sure your child has had a good breakfast on PE days.

**AVOID HIGH SUGAR FOODS**

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**EPE ORIENTATION**

- Please **Sign and Return** to acknowledge that you have reviewed these Guidelines for PE and will endeavor to have your child prepared in the appropriate manner on the weekday listed above.

Student: ___________________________________  Parent Signature: ___________________________________