

FAQs – Physical Education & Health and Athletics

1. Q: What paperwork needs to be completed for my son/daughter to try out for a school team?
A: A current physical on file with the Nurse's office AND completed Medical Forms A & B. All of these documents are available at the Nurse's office and online.

2. Q: If my child already submitted their health forms for an earlier season does he/she need to re-submit any forms?
A: Yes, he/she need to re-submit just medical forms A and B prior to the start of EACH season he/she wants to participate. Please note that his/her physical is good for an entire year from the date of physical.

3. Q: Do students need to change clothes for P.E. class?
A: YES. Phys. Ed. appropriate clothing (shorts/sweatpants/t-shirt/sweatshirt) is mandatory. All students are given a lock and locker to keep their clothes in. **ALL VALUABLES SHOULD BE LOCKED IN THESE LOCKERS.**

4. Q: How can I prevent my daughter's/son's valuables from being stolen from the locker room? They are only given a small locker; their backpacks don't fit.
A: Even though the student has a small locker, they are to take their valuables out of their backpacks and put them in a locked locker.

5. Q: Do you need Health and Physical Education to graduate?
A: YES

6. Q: Is there a mid-term or final in Health?
A: No, BUT there is a final project which is half of the 4th quarter grade.

7. Q: What supplies do students need for Health class?
A: Folder, notebook and pen.

8. Q: How and when can I speak to my son's/daughter's coach?
A: You must call the athletic department and let them know with whom you would like to speak with and the coach will then contact you.

9. Q: Who can participate in modified sports?
A: Students who are in the 7th and 8th grades. 6th graders are ineligible but are encouraged to participate in the intramural program.

10. Q: I sent in my child's medical forms the day tryouts started, why were they not allowed to try out?
A: Occasionally medical forms are handed into the nurse incomplete or on the day of the first practice. Please make sure everything is filled out on the medical forms, you have an updated physical on file with the nurse, and you get your medical forms in early. The nurse's lone function is not to turn around medical

forms for students so it is not likely your son/daughter will be cleared the day the medical forms are turned in.

11. Q: My child injured himself/herself at practice the other day and I took him/her to the doctor's office, why can't he/she practice today?

A: If you bring your child to the doctors for an injury or illness, the school will require doctor's clearance before returning the student to practice. The doctor's clearance must be in the form of a written document signed by the physician and turned into the school nurse.