ARLINGTON HIGH SCHOOL

LIFETIME WELLNESS 2016-17

Coach Deaton

Dear Parents and/or Guardians,

I would like to welcome you and your child to a new and exciting year at Arlington High School. As you probably already know, the opportunity for your child to succeed can only be improved with us working together. There are several ways we can communicate throughout the year to try and keep you informed on your child’s progress (e-mails, phone calls, power school, progress reports). Feel free to contact me anytime if you would like to get an update on your child either in the classroom or in the gym. Thanks again for taking time to read and sign all appropriate sheets.

**Phone: 901-867-1541 E-mail:** [**donald.deaton@acsk-12.org**](mailto:donald.deaton@acsk-12.org)

**Sincerely,**

Coach Deaton

Supplies Needed For This Course:

Gym 1. Gym Uniform (Shirt & Shorts)

2. Shoes with laces and rubber sole

3. Lock for gym locker (optional)

Class 1. Folder with pockets and brads

2. Paper

3. Pen / Pencil

OPTIONS FOR PERSOONAL BELONGINGS IN GYM:

1. Keep belongings in the locker room unlocked
2. Keep belongings in the locker room locked only during class
3. Put belongings in the gym against the wall
4. Give your belongings to me during class

\*\* We are not responsible for lost, damaged or stolen property \*\*

Grading Procedure:

50% of your overall grade is health and 50% is physical education

Classroom

Classroom grades will consist of class assignments, quizzes and test grades.

Assignments turned in late will lose 10 points per day unless an excused absence

Gym

Each day you will earn or lose up to 100 points

50 points will come from dressing out

50 points will come from participating (Exercise & Activity)

Student’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please list any health concerns your child may have that would keep them from participating in the physical education component of the Wellness Curriculum.

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A note from the parent/guardian is required to excuse a student from physical education. If the student needs to be excused from the physical education component of the Wellness Curriculum for an extended period of time, a doctor’s note is required.

**I am signing that I have read and support all the information regarding Coach Deaton’s Lifetime Wellness class.**

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Arlington Community Schools offers education and employment opportunities without regard

to race, color, religion, sex or disability