

JOHN CARROLL CATHOLIC HIGH SCHOOL
HEALTH AND PHYSICAL EDUCATION

Dear Parents and Students,

We at JCCHS have always felt that education and the development of the individual is multifaceted and of primary importance. Physical education and health education are vital parts of the total program. Our purpose is to help each student develop and maintain a high degree of physical fitness, acquire skills with lifetime “carryover” values and desirable health practices. In order to conduct the most effective program, we have prepared this letter to let you know what we as a department require.

OBJECTIVES

Students should be able to:

- develop skills knowledge, insight, and interest in physical activities which would serve as a means of motivating participation in wholesome, vigorous, challenging activities to be used now and throughout life.
- promote health through awareness of positive health practices.
- demonstrate by example the concept of sportsmanship in all physical activities.

UNIFORM POLICY

All students need the following to be properly prepared for class:

- A JCCHS physical education uniform that can be purchased from Dennis LaRose School Uniforms at 1901 B Hoover Court, Hoover, Alabama 35226. The telephone number is 822-7025.
- Athletic shoes, athletic socks, towel, soap and deodorant in an unbreakable container.
- Showers are available to students who wish to rinse off after class.

GRADING SYSTEM

Participation and Dressing Out: This grade is determined by how well the student accepts the responsibility of dressing out and participating in each day’s activities. Students must be dressed in the proper physical education attire in order to participate.

A point system is used for each nine week period. Points can be lost on a daily basis as follows:

5 points - improper gym wear/non dress

10 points – unexcused non-participation (non dress/no participation)

Final Exam – A two page report on one of the units taught during the semester.

LOCKERS AND BASKETS

- A basket, locker and lock are assigned to each student for his/her uniform, shoes, purse, wallet, etc. A \$5.00 fee will be charged to a student if he/she loses his/her lock.
- Each student is responsible for the security of his/her locker, basket and possessions.

ABSENTEE POLICY AND MEDICAL EXCUSES

For a student to be excused from dressing out or participating because of illness, the student must have a note explaining the reason and signed by a parent or guardian. The student will be required to do some type of modified participation or written assignment for that day. A note from the parent may excuse students from his/her class for two days; thereafter, a Physician's statement is required.

NON DRESS POLICY

Every student is required to dress out and participate every day. Failure to dress out is considered refusal to cooperate with the teacher and will result in loss of points.

We, the professionals who make up the Health and Physical Education Department at JCCHS, are proud of the program we offer. If any of you, parents or students has any questions, comments, or suggestions, please feel free to call us. We are here to help you prepare for tomorrow.

Thank you,

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