Dear Students and Parents,

You will not need to bring anything the first two days of PE for class.

http://www-fcs.stjohns.k12.fl.us/athletics/ Look to this website for all PE, and all community and school sports, even SJMSAA.
The Physical Education Department and the Maintenance Coordinator have put together some rules to help keep our facilities clean and safe. Please review these new rules and regulations.

1. All students are required to dress out for PE. Any color blue shorts of proper length and a gray t-shirt are required. Sweat pants and sweatshirts will be worn over their PE uniform. The sweatshirt or sweat pants may be of any color.

You may purchase gym clothes from the PE department at any time. If you choose to provide your own shorts and shirt then they must adhere to the established dress code (i.e. no bare midriff, shorts must be the appropriate length, etc.) Please refer to the dress code printed in your child’s student planner.

2. All personal items (shirt/shorts) must have student’s name in permanent marker.

3. A portion of a students’ grade is based on dressing out and participating in class. If student is unable to participate, their parent/guardian must send in an excuse note to their PE teacher. If a student is unable to participate for more than one week, a student must bring in an excuse note from their physician.

4. All students must have a combination lock to receive a locker. For safety reasons, no key type locks are allowed. WE ARE NOT RESPONSIBLE FOR ITEMS LEFT IN THE LOCKER ROOM.

5. Athletic style shoe can be worn. No boots, dress shoes, sandals, Sperry’s or cleats are permitted for PE.

6. No food, drinks (other than water), glass containers, spraying item, or gum are allowed in the gym or locker rooms.

7. Jewelry should not be worn during P.E. This includes earrings, watches, anklets, rings and necklaces.

8. Students are encouraged to bring water bottles, deodorant, extra socks, hats, sunscreen and sunglasses to PE.

We are excited about our program and with your support, we can make this school year successful.

The P.E. Department