

2024-2025 FRUIT COVE PHYSICAL EDUCATION

Dear Students and Parents,

<https://www-fcs.stjohns.k12.fl.us/students/> This website is for all PE, 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. Fruit Cove PE shirts are mandatory for dressing out. Shorts that are worn to PE must be Fruit Cove PE shorts or solid navy blue or solid black athletic shorts with a minimum of a 6-inch inseam. Sweatpants and leggings may be worn, but they must be either solid navy blue or solid black. Sweatshirts and jackets may be worn over the FCMS PE shirt only when the weather gets cold. **You may purchase gym clothes on School Pay at anytime during the school year. Please have your student bring in the receipt to their assigned PE teacher to receive their uniform.**

2. All shirts must have student's name in permanent marker across the back shoulder area and shorts must be marked with the student's initials. Please do not alter PE shirts.

3. A student's grade will be based on dressing out and participating in class. If student is unable to participate their guardian must send in an excuse note to their PE teacher. If student is unable to participate for more than one week, the 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 will be allowed. WE ARE NOT RESPONSIBLE FOR ITEMS LEFT IN THE LOCKER ROOM.

5. Only non-marking soles are allowed. No boots, dress shoes, sandals, Sperry's, Crocs, Hey Dudes, backless shoes, or cleats are allowed. If you are uncertain if your child's shoes meet criteria, you are welcome to bring them in and we will determine if they are acceptable.

6. No food, drinks (other than water), no glass containers, no spray items, or gum are allowed in the gym or locker rooms. If these items are found, they will be confiscated, and consequences will be issued.

7. Cell phones must be left in the locker room and should be locked up. If students are using cell phones, the phones will be confiscated, turned into Rm. 740, and a referral will be issued.

8. Jewelry should not be worn during P.E. This includes earrings, watches, anklets, rings, and necklaces. Athletic watches are permitted.

9. Students are encouraged to bring water bottles, hats, sunscreen (lotion only), and sunglasses during outdoor P.E. activities.

We are excited about our program and with your support we can make this school year successful! *PE Department Wishlist – Paper Towels, Computer Paper, Kleenex, and Band-aids