

NMS- Physical Education Newsletter

October, 2023



Hello Parents/Guardians,

All of us in the PE department have really enjoyed getting to know each of your students over the last few weeks. As we move forward in the school year, we wanted to send out some information to you regarding your child's PE classes and what we will be covering in the next few months.

REMINDERS:

- Please have your child check the lost and found in their respective locker rooms. There have been a number of items turned in over the past few weeks that are looking to go home with their rightful owners.
- Please discuss with your child the importance of wearing proper attire to class every day. We are seeing a growing number of students not wearing appropriate shoes and clothing to class. Tennis shoes are appropriate to wear to class. Crocs, flip-flops, and slip-on shoes are not allowed. These items create a higher risk of injury for your student and their peers.
- Please remind your child that cell phones and ear buds are also not allowed in PE classes. These items should be left in their backpacks, main lockers, or PE lockers during class.
- Got unused sports related equipment sitting in your garage/house? NMS would gladly accept these items as donations. We are always looking for equipment for recess and for our PE classes. You can bring any of these items to the main office to donate. Thanks in advance!

6TH, 7TH, & 8TH PE CLASSES:

All grades are currently participating in their football, tennis, soccer or fitness units outside.

Over the next few months, activities to be covered will be volleyball, basketball, table tennis, cornhole, strength training, floor hockey, badminton, and dance.

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