



Dear Parent/Guardian,

Your son/daughter is enrolled in a physical Education class this year. We would like to take this opportunity to inform you about our outdoor classes and our school runs. Every year, we have our PE students participate in several runs around the school. Although they are running around the school and the block, they are always running the same route and they are with other students and teachers. We always remind students that they are NOT allowed to wear or use any earphones, Ipods or cellphones during their classes and runs.

Here at Kwantlen Park we take pride in providing a quality physical education program that focuses on teaching students the skills to lead healthy active lifestyles. Our 5KM training unit is an integral part of this program and therefore, students' effort and participation during 5KM training will be reflected in their final grade. We will take every opportunity to do our training on the "best weather" day of the week. Please be advised that if this is not possible, our students will be expected to complete the training in poor weather.

The Ministry of Education requires that we offer a certain number of outdoor activities as part of our Physical Education Program. In addition, with limited space indoors, every PE class will have one or two units outside during each semester. Please ensure that your son/daughter bring appropriate outdoor clothing (and a change of clothes) to Physical Education Class. In the event of severe weather conditions such as heavy rain and snow, we will cancel outdoor classes and provide an appropriate large group activity indoors.

Lastly, we do have limited locker space in the PE change room, therefore, students **must** remove their locks from the PE locker room after each class. They should not bring ANY VALUABLES into the PE lockers or class. We have a high risk of theft in the area and teachers cannot be responsible if their items go missing.

*** PLEASE TAKE THE TIME TO REVIEW THE COURSE OUTLINE ON OUR WEBSITE ***

<https://www.surreyschools.ca/schools/kwantlenpark/Departments/PhysicalEducation>

To best be prepared for outdoor activities your son/daughter should have the following:

Sweatshirt, Sweatpants, Change of socks and RUNNERS. Towel AND A WATER BOTTLE (no sugary drinks please)

Sincerely,

PE Department

PLEASE SIGN AND RETURN BACK TO YOUR PE TEACHER ASAP

I, _____, have read the above course outline and fully understand the expectations of this course. I understand the grading system and the mark breakdown for daily participation. I also understand the expectation to complete and participate in the fitness component for Senior / Junior PE.

Block: _____ Teacher: _____ Date: _____

Student Name: (please print clearly) _____ Student Signature: _____

Parent/Guardian Signature: _____

Parent / Guardian email address: (optional) _____