

# Lincoln Middle School Wellness Education 2018-2019

## REQUIREMENTS FOR WELLNESS EDUCATION CLASSES

1. Gym Shoes- No platform shoes, sandals, slippers, flip flops or boots
  - a. Students that don't have appropriate shoes will be issued a rental pair for that class.
2. Socks must always be worn.
3. Wellness Education Uniforms
  - a. School issued Wellness Uniforms will be distributed during the first week of school to 6<sup>th</sup> graders and new students of the district.
  - b. The uniform consists of a green Lincoln Middle School T-shirt and a pair of black mesh shorts.
  - c. T- shirts and shorts will be labeled with the student's first name and last initial.
  - d. Additional T-shirts (\$5.00) and shorts (\$10.00) can be purchased at the school office.
  - e. On days that we are going outside and it's cold, students may wear sweatshirts and sweatpants UNDERNEATH their school wellness uniform. We will go outside as long as the temperature is above 40 degrees. Students cannot wear ANY school clothing under their wellness uniform.
4. All students will be provided with a locker and combination lock for the school year. Any student that loses a lock or damages it will be fined 5 dollars to replace the lock.
5. Any student that loses a HR band will be fined \$20 to replace it.
6. HR scores will also be uploaded to the Polar database, for parents and students to view.

## WELLNESS EDUCATION RULES

- A. All students are required to bring and wear a proper wellness uniform as listed above.
- B. Students may not color, write, or draw on their wellness uniforms, other than their first name and last initial which is in the name box on the shirt and shorts. Students that don't follow this rule must purchase a new uniform.
- C. Any Student not in full uniform will be required to rent one. Rental Fees are .25 cents per item. Lost rental shirts are \$5, lost rental shorts and sweat pants are \$10.
- D. \* Students can only rent ONCE per week. Rental program is for students to use occasionally not habitually.
- E. Students have a 3-minute passing period to arrive in the locker room and an additional 3 minutes to change into their wellness uniform and be present for attendance in the gym.
- F. Students must bring a stick of deodorant
- G. All students (boys and girls) are not permitted to wear any jewelry during wellness class. Students should bring a Ziploc bag or Tupperware dish to store jewelry in their locker.
- H. WELLNESS DEPARTMENT IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN JEWELRY.
- I. No gum, food or drink allowed in the gym. Water is acceptable.
- J. Follow directions and stay on task.
- K. Use equipment safely and properly.

---

CUT ON LINE AND RETURN BOTTOM PORTION

My child, \_\_\_\_\_ and I have read and understand the rules for Wellness Class.

Wellness Teacher \_\_\_\_\_ Grade \_\_\_\_\_

---

Parent Signature

---

Student Signature