CAPITAL HIGH SCHOOL HEALTH AND FITNESS DEPARTMENT GUIDELINES
2022/2023
EXPECTATIONS

1. The required Health and Fitness uniforms include athletic shoes, shorts with at least a 7" inseam, socks, and a purchased CHS health and fitness t-shirt (which can be purchased for $5.00 at the ASB office). Sweats/warm-ups are allowed but not required. Uniforms should be clean and in good repair.

2. If any piece of the required uniform is missing it is considered a non-dress.

- Cutoffs, hats, bandanas, and inappropriate shoes will not be allowed.
- Students will not be allowed to wear school-issued athletic wear.
- In order to earn points for the day, the students must be suited down properly and participate fully in the class activity.
- No sagging pants, no showing midriffs, no cargo, denim or boxer shorts
- No headphones in locker room or the gym.

3. Medical excuses for Fitness must come from the nurse only and must be obtained before school starts or during break.

4. No cell phone use in the gym or locker room area.

5. Inappropriate language and use of profanity or vulgarity is not acceptable in the school environment. Correcting inappropriate language is a priority of the Health and Fitness staff.

6. Students will promote a safe and respectful environment by keeping their hands and feet to themselves.

7. The locker rooms are locked five minutes after the tardy bell rings and not reopened until five minutes before the dismissal. Students are required to stay in the locker room until the bell rings.

8. Students will be issued a PE locker but must provide their own lock. Students are strongly encouraged to secure their personal belongings in a locker. Lost and stolen items are not the responsibility of the P.E. staff.

GRADING OVERVIEW
Participation: 100%

100-92.5=A
92.49-90.0=A-
89.99-86.50=B+
86.49-82.50=B
82.49-80.0=B-
79.99-76.50=C+
76.49-72.50=C
72.49-70.0=C-
69.99-66.50=D+
66.49-60.0=D
59.99-0=F

Capital High School Fitness/Health Department Mission Statement

Our philosophy is based on the belief that Health and Fitness is an integral part of the total education process, provides movement-centered and knowledge-based activities that focus on the intellectual, social, emotional, and physical needs of students, enabling them to realize their fullest potential.

The mission of the Health and Fitness department is to provide varied activities that allow individuals to enter adult life with the skills, knowledge, and attitudes necessary to enjoy a physically active and healthy lifestyle.

CONTACTING TEACHERS

The Health and Fitness staff welcomes parental involvement. Teachers may be contacted at 596-(extension) or 596-8000 (main office). Because of the nature of our jobs, it is easier to leave an email than a phone message. We are rarely at our desks.

Teacher	Email address
Katie Turcotte	kturcotte@osd.wednet.edu
Troy Mickelson	tmickelson@osd.wednet.edu
Jennifer Bush	jbush@osd.wednet.edu
Terry Rose	trose@osd.wednet.edu
Elisabeth Canright	ecanright@osd.wednet.edu

Dear Parent/Guardian:

Your student is enrolled in a fitness class at Capital High School. We do a variety of activities in class to improve one's cardiovascular endurance, as well as work on the other fitness components of flexibility, muscular strength, muscular endurance, and body composition. Hopefully, your student is excited about improving his or her fitness level, and has fun while doing it.
This year during some of our outdoor cardio work, we would like the students to have the opportunity to walk as a group off campus. We have mapped out routes within a close boundary to the high school that vary in length from one half to two miles. Each may be easily completed within a class period, granted the student exhibits quality effort. All routes are on sidewalks or bike/pedestrian paths. Safety issues will be reviewed with your student before each walk. Instructors will have cell phones or radios for emergency purposes.

Sincerely
CHS Health and Fitness Staff

PLEASE SAVE THIS PORTION FOR FUTURE REFERENCE

SCHOOL YEAR 2022-2023

Parent/Guardian: Please acknowledge that you and your student have read the above information and understand the attendance and grading policies by signing and returning the form below. In the event that there are any physical, emotional, or health related circumstance that would affect your student's grade because of the above policies, please contact your student's instructor as early as possible at 596-Extention (message) or 596-8000 (main office).

Students Name (print first and last)_____

Date_____ _____
Parent/Guardian Signature

Period_____ _____
Student Signature

Teacher_____