



2019-2020 PHYSICAL EDUCATION INFORMATION

August 15, 2019

Students and Parents,

Grades Pre-School thru 9th Grade will have Physical Education class on Thursday and Friday during the 2019-2020 school year. All students must wear tie tennis shoes. Shoes with lights, wheels or slip on tennis shoes are not allowed. Please note the attached page from the Parent/Student Handbook regarding tie tennis shoes.

Pre-School thru 3rd Grade wear their school uniform for physical education class. Girls must wear soccer length shorts under their jumpers or skirts. Some activities require that they remove their jumpers or skirts.

4th thru 9th Grade may purchase the gym uniform from me. The cost is \$20.00 for the shirt and shorts or \$10.00 if you only need either a shirt or shorts only. Uniforms will be available on Thursday, August 22, 2019 for purchase during gym class.

If you have any questions, please contact me at ckelley@cdlex.org.

Carol Kelley

Physical Education Teacher



All Students PS to Grade 10:

Sweatshirts/Sweaters

- Students are required to purchase a navy Holy Family sweatshirt with the Holy Family logo. These sweatshirts may be worn to school.
- Solid navy or white cardigans or pullover sweaters may be worn.
- Students are not permitted to wear sweatshirts or hooded sweatshirts with other logos.

Belts

- Students in grades 4 to 10 must wear a plain black or brown belt. No large buckles or open weave belts are allowed.

Socks

- Socks must be solid white, black, or navy.



Shoes

- Students must wear tennis shoes with laces that are in good shape. Tennis shoes with laces must be worn on Gym Days and during inclement weather on days when gym is used. No light up or wheeled shoes allowed.

Jewelry

PS to Grade 5: Girls may wear post-style, non-dangling earrings. A religious necklace or simple watch may be worn. Boys may not wear earrings. All other jewelry should be left at home.

Grades 6-10: Students may wear a religious necklace, inconspicuous rings or bracelets and girls may wear small hoop earrings, no larger than a dime. Boys may not wear earrings.

Hair

- Hair must be clean and groomed.
- Bangs must be cut to stay out of the eyes.
- Boys' hair may not be below the ears on the sides nor come below the shirt collar in the back.
- No extreme styles or facial hair is permitted.



Gym Uniform:

PS to Grade 3

- When dressed in a jumper, girls must wear soccer-length shorts under their jumper.

Grades 4 to 10

- Students must purchase gym uniforms from the Physical Education teacher.

Students may wear navy blue sweatpants as part of their gym uniform if preferred.