



TRACY LEARNING CENTER

51 East Beverly Place

Tracy, CA 95376

209-831-5240

209-831-5243 FAX

www.tracylc.org

Coach Dias: jdias@tracylc.net

Coach Woods: levwoods@tracylc.net

REQUIRED FOR GRADUATION:

Physical Education is a required course for graduation. Each student is REQUIRED to complete two years of P.E.

P.E. CLOTHING:

Dressing out in the school P.E. uniform is a significant part of their grade. This is done for two reasons. Since there is no dress code at the Tracy Learning Center, students often wear athletic type apparel to school. By having the students change before and after class, into a specific P.E. uniform, we can assure that they are not continuing their day in clothes that are dirty or omitting odors. This is also done to protect the clothing that the students wear to school from damage as a result of the physical activities. We also require them to remove any jewelry that might create a safety hazard. Additional P.E. clothing can be obtained throughout the year as needed. However, we do not loan clothing out to students who have forgotten theirs at home. It is their responsibility to have their clothes ready for class on a daily basis. We ask that the clothes are taken home for wash at least once a week, if not more. Especially for those who have only one set of clothing.

LOCKEROOM/LOCKERS

Each student will be assigned his or her own locker and is responsible for providing a combination lock. All personal items, especially items of value, need to be secured in their lockers during P.E. No cell phones, iPods or other electronic items will be allowed with the student during class. Students are not to share lockers with siblings or friends and we will not open another students' locker to allow a student to retrieve anything. The locker is to be used during P.E. only. It is not a place to store additional clothing or items needed throughout the day. Students will not be allowed in the locker room unless they are attending class.

There is no eating or drinking in the locker rooms. For health and safety issues, we also ask that the students do not use any aerosol products. Any perfumes or body sprays can be used in the designated area.

NOTES FROM PARENTS:

We receive notes from parents requesting that their child be excused from participation for various reasons. It should be understood that a note from a parent does not necessarily make it excused. We will take into consideration the reason for the request and each situation will be handled on an individual basis. We will still ask that the student dress out for class when possible, however, participation points may be affected. Female students will not be excused from participation for reasons related to their menstrual cycle.



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RAMADAN:

We understand and respect that there are students who will be observing Ramadan. It is our policy that any student who does not participate in their regularly scheduled P.E. class will not be allowed to participate in any extra-curricular activities. The only exception to this is students who are released from class for other school related reasons. We have been advised by representatives from local Mosques that although Ramadan is a difficult time for students, it is not necessarily an excuse from participation. With that in mind, we have decided to offer a modified version of the P.E. requirements for those students who are actively fasting. They will be required to perform a reduced number of the basic exercises at the beginning of class and will be allowed to walk one lap. For those students who chose not to participate at any level, they will have points deducted accordingly. Participation in extra-curricular activities will still be denied to any student not participating at the normal class level. We have been experiencing students who observe Ramadan for a couple of days and then stop for a day or two. It is our understanding that Ramadan is to be observed for a specific time frame and that the only exceptions are for the sick, elderly or females during their menstrual cycle. We are asking that you discuss with your student and make a decision as to which way the student will handle P.E. in respects to Ramadan. Either full participation, modified with no affects on participation points and no extra-curricular activities, or non-participation with no participation points earned.

By signing below you are stating that you have gone over this information with your student.

Parents Name

Students Name

Parents Signature

Students Signature

RAMADAN:

- My student will
- _____ **NOT** participate in Physical Education
 - _____ Perform the modified Physical Education
 - _____ Perform the normal level Physical Education