

Bayside Academy 6-8 STEM Program

SCHOOL MISSION AND VISION

Mission

The mission of Bayside Academy is to engage all students through integrated learning experiences that encourage critical thinking and a growth mindset. We are a community built on collaboration, communication, and positive relationships, and we encourage all students to be lifelong learners.

Vision

At Bayside Academy, every child is inspired to develop and grow through student-centered learning that promotes equity, inclusivity, and positive school experiences.

GENERAL INFORMATION

This packet contains information that can be used throughout the year. Please save it so you will be able to add other relevant information that will be sent home periodically.

The school day begins at 8:00 am. Students may arrive on campus between 7:30 am and 8:00 am. Student supervision does not begin until 7:45 am. At the end of the school day, students must be picked up by 3:00pm.

Our school day at Bayside is organized into seven instructional periods and lunch. Generally, students take courses as listed by grade level below:

Sixth Grade	Seventh Grade	Eighth Grade
Language Arts- 2 periods	Language Arts- 2 periods	Language Arts
Social Studies	Social Studies	Social Studies
Math	Math	Math
Science	Science	Science
Physical Education	Physical Education	Physical Education
Elective or Support Class	Elective or Support Class	Elective or Support Class- 2 periods

LOCKERS

Lockers will be assigned as requested. If you are interested in having a school locker, fill out the request form in the office. Once you have been assigned a locker, students will provide their own locks and make their combinations available to the office staff. Should school personnel need to have access to the locker and the student is not present, the lock will be removed, and the student will be responsible for replacing the lock. The school will not accept responsibility for items missing from a locker. Keep your locker combination to yourself. Do not keep money or other valuables in your locker. **All lockers are the property of the San Mateo-Foster City School District and are subject to search and seizures.**

LUNCH BREAK/HOT LUNCH INFORMATION

Students are to stay at school during the lunch break. Adult supervision is provided for the entire lunch period. Students may pay in advance using the online system, www.myschoolbucks.com, or in person. If lunch is brought from home, milk may be purchased separately. Free/Reduced meals are available to qualifying families. Please fill out an application (available in the front office or online) and return it to school. Fast food and take out lunches are not allowed at school. If you must bring fast food or take out, your student will eat their meal in the office. Also, meal delivery, such as Door Dash, is not allowed.

Bayside serves breakfast and lunch daily. Breakfast costs \$1.50 and lunch costs \$3.00. Breakfast and lunch menus are available on the School and District Website.

AFTERSCHOOL SAFETY

Following dismissal, students should go directly home or to the extra-curricular activities they have previously agreed upon with their parent or guardian. ***Students may not remain unsupervised on our campus. Students waiting for practice or a game, must leave campus at dismissal, until a coach or supervisor is there to monitor the team. Students attending sporting events as spectators must be under the direct supervision of a parent/guardian and will be sent home if they are on campus without a parent/guardian.*** Lastly, students will not fight, encourage, or attend fights after school on or off the campus. Students may be cited by the police for involvement in fights, including attendance at a fight as well as receive school consequences.

CONFLICT RESOLUTION

Bayside Academy has an established process for helping students learn new and better ways to respond to conflicts. Students will develop conflict resolution skills as they work with their teachers and other staff. Our staff has been trained in restorative justice practices, and office staff are always available to provide support and counseling to students who need to resolve a conflict. To learn more about Restorative Justice Practices, please visit the International Institute for Restorative Practices at <http://www.iirp.edu/>.

PHYSICAL EDUCATION (PE) UNIFORMS

Students are required to wear uniforms during their PE class. Uniforms will be available during Arena Day and during the first week of school. The PE uniform consists of PE Shorts (\$10.00) and a PE T-Shirt (\$10.00). PE sweatshirt (\$15.00) and PE sweat pants (\$15.00) are optional. Students may wear Bayside the PE Uniform or black shorts and an orange T-shirt if they would prefer.

HOME/SCHOOL COMMUNICATIONS

*** If you need to reach your child throughout the school day, please do not call or text your child's cell phone. Please call the office directly at (650) 312-7660. ***

Telephone Numbers

- School Office: Contact the school office, **(650) 312-7660**, to speak with a member of the administrative staff. Should you reach our message system during normal school hours (8:00 am to 4:00 pm), this means all of our lines are in use. Please try again or leave a message and your call will be returned.
- Attendance: Call the attendance voice mail number, **(650) 312-7661, Ext 3**, to report an absence. Please list student's name and reason for the absence. See page 4 for more information about absences.
- Teacher Voicemail: Call the office at (650) 312-7660 and ask to be directed to the teacher's voicemail. You can leave a message for the teacher you are trying to contact and they will get back to you as soon as possible.
- Auto Dialer: Automated phone messages are available regularly to advise families of important updates and events. Please provide a/your current phone number to school office to receive this service.

Internet

- E-mail: An effective way to contact teachers is through district e-mail. All district e-mail addresses are formed with the first initial of the first name, plus last name@smfcsd.net.
(Example: John Cosmos → jcosmos@smfcsd.net)
- School Website: Go to bayside.smfcsd.net to access a wealth of information regarding the educational process, opportunities, newsletters, and calendar of events.
- School Loop: This website is a source of information about school events and it gives you the ability to monitor your child's grades and teacher assignments. Register for School Loop, at bayside.smfcsd.net and click "register." To be linked to your student, you must have their student number located on their ID card, recent report card, or student schedule.
- E-Blast: Weekly email sent to families as an electronic newsletter. Please make sure we have the correct email address on file, to receive the E-Blast.

Student Progress Information

- Report Cards: There are three trimesters and report cards are mailed home at the end of each trimester.
- Academic Progress Reports: At the middle of each trimester, an academic progress report will be sent home to families of students who are struggling academically or behaviorally.
- Student Planner/Calendar: All students are encouraged to use a daily assignment calendar, one is provided on the first day of school. These are used to write down daily assignments in all classes. Parents should check their child's homework calendar every night and reference class progress on School Loop.

Meetings

- Homeroom Discussions: Students meet every Wednesday with their first period teacher to discuss academics, safety, well-being, homework, and responsibilities and to participate in community circles. Please ask your student to share this discussion at home.
- Parent Conferences: In the fall, parents will be asked to attend conferences to discuss student progress. Additionally, individual conferences may be scheduled by parent or teacher request at any time during the school year.

ATTENDANCE PROCEDURES

Absences & Tardies: When a student is absent from school, a parent or guardian **must** call the attendance telephone number, **650-312-7661 ext. 3**, as early as possible on the first day of the absence. Absences not cleared within three school days following the student's return to school will be considered **unexcused**. If a student is absent for more than 3 days, a doctor's note must be provided for each day of absence. An absence or tardy is **excused** by the State for attendance purposes for the following reasons:

1. Illness with doctor's note (verifying all days of an absence)
2. Appearance in court
3. Funeral services for a member of the immediate family
 - a. 1 day for within California, 3 days outside California, 1 week for other countries
4. Approved religious holidays

Students arriving tardy must report to the office to sign in and receive a tardy slip. Between 8:02am and 8:10am students are tardy and must report straight to their class, where the teacher will assign a classroom consequence. If a student arrives after 8:10am, they must report directly to the office to receive a tardy slip and the office will assign a lunch trash pickup for being late. **All tardies are considered unexcused unless a doctor's note is provided.**

The following tardy policy will also be in effect:

1. When a student is tardy, a consequence will be given by the classroom teacher or the office staff.
2. If tardiness continues, the office contacts parent/guardian.
3. If the problem persists, parents /guardians will attend a mandatory meeting with the Assistant Principal/Dean of Students.
4. Students who are chronically late or absent will be referred to the Student Attendance Review Board (SARB).

Early Dismissals: Medical, dental or other important appointments should be scheduled after school. However, when this is not possible, students should bring a note to the office before school. The note should indicate what time the student is to be dismissed from school. Students leaving school early must be signed out by a parent or guardian in the office. **Upon return the next day, students must present a doctor's note from the appointment to proper excuse their absence.**

****When a student needs to be excused from PE or on PE modification, a District PE Exemption form needs to be filled out. A copy of the District PE Exemption form will be attached to the end of this handbook, copies will be available in the office as well. If you are unable to get the District PE Exemption form filled out, then a Doctor's note explaining time frame (ex. 5/1/18 to 5/7/18) and what the student can and cannot do physically during their PE period is required. Students will still attend PE and dress, however will be assigned a modified lesson.**

Minimum Days: On these days the staff will be involved in curriculum design, instructional planning, and staff development. Students will be dismissed from school at 1:38 pm every Wednesday and buses will depart by 1:45 pm. There will also be minimum day dismissal on the days of parent conferences.

ACADEMIC AND BEHAVIORAL EXPECTATIONS

High Expectations: The Bayside Academy staff maintains high expectations for students' success. Bayside's behavioral expectations are built around 3 core principles:

1. Be safe
2. Be respectful
3. Be responsible

Citizenship and Work Habits:

As part of striving for excellence, students are expected to complete work and demonstrate a positive attitude. Teachers evaluate student citizenship and work habits with "E" for excellent, "G" for good, "S" for satisfactory, and "U" for unsatisfactory. Students who receive two or more "U's" from two or more teachers will be in jeopardy of losing privileges such as participation in after school sports, and attendance at dances, field trips, and end of year trips. Similarly, students with frequent or severe discipline referrals may also lose these privileges.

Standards Based Grading:

The goal of all teaching is student learning and mastery of grade level standards. Students demonstrate their proficiency in a wide range of manners from class participation, to projects, to standardized tests. At Bayside, students are assessed using an A-F system where the goal is that all students should meet or exceed the standard. Please refer to each teacher's syllabus for more detailed information about grading.

Student Binders: All students are encouraged to use a large three-ring binder. We expect our students to be organized in all of their classes and binders are the first step in being organized. In order to be effective, the binder should have dividers for each class, pens/pencils and a holder, and a sufficient quantity of binder paper. Please let us know if you need help with this as we will supply materials for students in need.

Afterschool Sports: There are 4 seasons of afterschool sports at Bayside. Fall consists of Girls Volleyball, Flag Football and Cross Country. Winter 1 consists of 7/8th grade basketball and Winter 2 consists of 6th grade basketball. Spring is made up of Boys Volleyball, Soccer, Track and Field, and Tennis. All 6th through 8th grade students are able to try out for any afterschool sport.

- ***Eligibility Requirements***

- To be eligible to participate in extracurricular and co-curricular activities, students in grades 6-8 must demonstrate satisfactory educational progress, regular school attendance and good citizenship in the previous grading period. (Education Code 35160.5) ***(A) Maintenance of minimum passing grades, which is defined as at least a 2.0 grade point average in all enrolled courses on a 4.0 scale.***

POSTIVIE RECOGNITION PROGRAM

At the middle school level it is absolutely vital to recognize student achievement, and Bayside Academy makes every effort to recognize all levels of student achievement inside and outside of the classroom. Our recognition program is as follows:

Certificates of Award

- **Honor Roll:** A certificate of award will be given to students who demonstrate outstanding levels of mastery in their classroom standards with a GPA (Grade Point Average) of 3.0 to 4.0. *Dean's List* is given to students who have a GPA of 3.0 to 3.49. *Academic Honors* is given to students who have a GPA of 3.50 to 3.99. *Highest Academic Honors* is given to students who have a GPA of 4.0. Your name will also be recognized on our Honor Roll board outside the office.
- **Soaring Eagle Award:** Students who have been exceptional members of our school community during each trimester are recommended by teachers, counselors, and office staff for the Soaring Eagle Award.
- **Perfect Attendance:** Students will be awarded a certificate for perfect attendance for each trimester. The criteria for this award are no illnesses, unexcused absences, and tardies. If you have perfect attendance all three years at Bayside Academy, during 8th grade promotion, there is an additional award given.
- **RAH (Responsibility, Accountability, and Honesty) Ticket:** Students who show outstanding behavior in the areas of safety, responsibility, and respect will be receive a RAH lottery ticket from a staff member. These tickets are entered in a weekly lottery in which students can win prizes each Friday.
- **Service to Community Award:** Students who go above and beyond in their interest in giving back and helping others are nominated for the Service to Community Award each Trimester.

UNEXCEPTABLE BEHAVIORS AND ITEMS AT SCHOOL

Bayside Academy does all it can to provide for the respect, safety, and well-being of students and staff.

Inappropriate actions include:

- Slurs or put-downs of any kind
- Bullying
- Swearing
- Disrespect
- Threats
- Hazing
- Vandalism, including graffiti
- Fighting, inciting, or attending fights
- Harassment of any kind
- Drugs/drug paraphernalia possession
- Vapes, Nicotine Products
- Weapons of any kind (including toy or facsimiles)
- Actions that could cause injury to oneself or others
- Extortion (demanding money or things from others)
- Theft

If you learn that any of the above actions have occurred, notify the school immediately.

Items that should not be brought to school. Anything that distracts from the learning environment should be left at home or remain out of sight, including, but are not limited to the following:

- iPods
- Speakers/Headphones/Air pods
- Lasers
- Spinners
- Sharpies
- Medication/Pills –*Any medicine taken at school must be dispensed by the office with a doctor’s note.*
- Hand-held games
- Toys
- Trading cards
- Anything not used for educational purpose

If confiscated, the item will be returned to a parent/guardian the first time. If it is confiscated a second time, it will be kept until the end of the current month, and if it is confiscated a third time it will be kept until the last day of school in June.

*****Cell Phones/Smart Watches:** We acknowledge that many of our students have cell phones, but the use of cell phones by students on campus is strictly prohibited. We recommend that phones are left at home, however if a student needs to bring a cell phone to school, they must turn them off and keep them off and out of sight during the entire school day. During emergency situations, students are not allowed to use their cell phone. All emergency contacts are to be made through the office. Students who need to contact their parents during or after school may do so through the front office. *The school will not replace stolen or missing cell phones nor will the school investigate theft/loss of any of the above “...not to be brought to school”.*

Social Media Awareness: While today’s tweens and teens may be more digitally savvy than their parents, their lack of maturity and life experience can quickly get them into trouble with these new social venues. For this reason, it is imperative that parents talk with their children of all ages about social media and **monitor their online social media use** to help them navigate this new online social world. Many of the discipline situations we investigate at school revolve around the inappropriate use of social media, so please make sure to speak to your students about the proper use of technology and social media. ***Also, most social media sites require students to be a least 14 years old have to have an account***

DRESS AND APPEARANCE GUIDELINE

Students are required to wear Bayside Academy uniforms at all times.

School Uniform:

Shirt: Plain polo shirts with collars (solid black, orange or white) without logos.
Short or long sleeves polo shirts are acceptable



Pants: Khaki pants: Pants worn at the waist with a black belt and plain buckle
Pants straight leg and proper length: no sagging or ballooning (tied with rubber bands) as well as no tight khaki pants



Shorts/Skorts/Skirts: Khaki shorts/skorts no shorter than where student's fingertips reach on legs
Plain black or white tights, may also be worn under khaki skirts.

Shoes: Shoes and shoelaces are mainly black, white, orange, gray or brown.

Sweatshirts & Jackets: Sweatshirts and jackets are solid black, orange or white (**NO GREY**) with no patterns and small logos only. Large logos across the chest are unacceptable.

Acceptable:



Not acceptable:



Hats: Plain black, orange or white (no logos). Hoods and hats are not to be worn indoors on campus.

Accessories: All additional items such as socks, jewelry, hair ties, etc. must be in the school uniform colors: solid black, orange and white without patterns.

Backpacks: Backpacks can be any color or pattern that you choose, **however we do NOT allow solid red or blue backpacks.**

Uniform Policy*:

Uniforms are meant to make school life and preparation easier for students and families. Please work with us if you encounter difficulties obtaining the required uniform components. Students arriving to school without proper uniform should report immediately to the front office. Students who willfully or defiantly violate the uniform policy will be subject to progressive discipline including, but not limited to, lunch detention and after-school detention. ***Students not in uniform will be given an opportunity to call home for their uniform clothes or may borrow the proper uniform from the office.**

The administration shall retain the authority to grant exceptions for special occasions and or conditions. Occasionally, students will be awarded with "Free Dress" days where the uniform will not be required. As with all required materials and uniforms, scholarship assistance is available.

TRAFFIC/TRANSPORTATION RULES

Drop Off and Pick Up: 6-8 STEM parents, drop off and pick up will be on the east side of campus (closest to Joinville). K-5 STEAM parents, drop off and pick up will be on the west side (closest to the Performing Arts Center). There will be no adult supervision before 7:30 am and after 3:00pm.

Pedestrians: Everyone must observe the laws relating to pedestrians. Students are to remain on the sidewalks and not on the side of the street. Students are to cross streets at the proper crosswalks and not cross in the middle of the block. They are to walk on the sidewalks around the school parking lots and not cut through the lots.

Bicycle Safety: Bicycle riders should adhere to the rules and regulations as outlined in the California State Motor Vehicle Code. **By law, bicycle riders are required to wear safety helmets.** The school will take bikes from students not wearing helmets – parents can pick up bikes from the school. Riders should always ride with the traffic. If students are going against the traffic, they should walk their bikes on the sidewalk. Students should bring their own lock for their bicycle. The school is not responsible for theft or damage to bicycles.

Bicycles are not to be ridden on campus at any time. If you are riding your bike to school, please get off your bike and walk it to the bike rack once you are in front of the office.

Skateboards/Scooters: Use of skateboards or scooters is not allowed on the school campus at any time (Per SMC ORD 1975-345-1975). Students using any of these modes of transportation to school must dismount upon arrival to the campus perimeter. If the skateboard or scooter does not fit in the students' locker, it may be placed in the office until afterschool.

School Bus Rules: The following bus transportation rules have been established by the district for the safety of our students. Parents are to review these rules with their children.

Citations will be issued by the bus driver for any violations listed below:

1. Any improper bus stop procedures (not lining up, rock throwing, playing in streets, any property damage at bus stop, etc.)
2. Using a bus stop other than the student's regularly designated bus stop
3. Fighting at bus stop or on bus, Scuffling or horseplay (hitting, poking, shoving, etc.) in or while loading or unloading the bus
4. Using profane or obscene language or gestures
5. Any movement from seats while bus is in motion
6. Any seat saving or obstruction of aisles or any turning around in seats
7. Unauthorized exits from emergency doors or windows, Unauthorized opening, closing, or tampering of any kind with bus controls, equipment, doors, windows or exits
8. Putting any part of body out of bus windows at any time
9. Any damage or defacing of bus
10. Creating excessive noise
11. Eating, drinking or littering of any sort on bus
12. Lighting of matches, cigarettes or smoking on bus, vaping
13. Disrespect or failure to obey bus driver
14. Carrying any weapon or hazardous materials
15. Riding bus after receiving suspension of bus riding privilege

Authority of Driver (Section 6-5CAC 14105 and 13-CAC 1217 (h) states: "Pupils transported in a school bus and/or SamTrans shall be under the authority of, and responsible directly to, the driver of the bus, and the driver shall be held responsible for the orderly conduct of the pupils while they are on the bus. Bad conduct or refusal to submit to the authority of the driver shall be sufficient reason for a pupil to be denied transportation. The driver of a school bus shall not eject any school pupil unless the pupil is given into the custody of a parent or any person designated by the parent or school."

Penalties for infractions of established rules are listed below:

- 1st citation - Warning of possible bus riding suspension
- 2nd citation - One-week bus riding suspension (5 school days)
- 3rd citation - One-month bus riding suspension (20 school days)
- 4th citation - Balance-of-year bus riding suspension

Immediate suspension for the duration of the school year will be given for threatened or actual bodily harm.

STUDENT GUIDELINES

At Bayside Academy we strive to maintain an atmosphere of pride, respect, and support for students and adults alike. We know that everyone will work together to make our school as rewarding as possible. To ensure that you know your responsibilities as a student at Bayside, we ask that you read the following guidelines and understand that they will be strictly enforced. Students are held accountable for adhering to the **Student Guidelines** anytime they are on the Bayside Academy, coming to or going home from school and at all school related activities.

STUDENT GUIDELINES	POSSIBLE CONSEQUENCES
1. Students must be respectful of selves, others, and property and do what is asked of them. 48900(k)	a) Parent contact b) Detention
2. Students are to maintain a safe environment. Confrontation, fighting, inciting or attending fights, hazing, touching, roughhousing, or intimidation are not allowed. 48900(a)(1), 48900(a)(2), 48900(k)	a) Conflict Resolution b) Parent Contact c) Suspension d) Police Contact e) Expulsion
3. Homework must be turned in on time 48900(k)	a) Student must complete work b) Receive less/no credit c) Detention d) Parent Contact
4. Students must have required materials for class (books, pencil, paper, binder, etc.) 48900(k)	a) Parent Contact b) Detention
5. Students must serve detention at the assigned time. 48900(k)	a) Time doubled b) Parent Contact
6. Students must arrive to school on time. Campus supervision begins at 7:45am. Students are not allowed to loiter on campus after school or at the parks, elementary school, or around the neighborhood. 48900(k)	a) Report to the office after 8:10 am for a pass. b) Multiple tardies will be referred to administration c) Parent Contact
7. Parents must call the office when their student is absent and provide a note explaining the absence upon the student's return. 48900(k)	a) Warning b) Parent Contact c) Detention
8. Gang related activity and paraphernalia are not allowed. 48900(k)	a) Item Confiscated b) Parent Contact c) Saturday School d) Suspension e) Police Contact
9. Permanent markers or liquid whiteout are not allowed. 48900(f)	a) Item Confiscated b) Parent Contact c) Campus Clean Up d) Suspension
10. Possession, use or sale of drugs, tobacco or alcohol at school or at related school activities is not allowed. 48900(c)	a) Item Confiscated b) Parent Contact c) Suspension d) Police Contact e) Expulsion
11. Weapons of any kind are not allowed at school or at school related activities (including toys or replicas of a firearm). 48900(b), 48900(m)	a) Item Confiscated b) Parent Contact c) Suspension d) Police Contact e) Expulsion
12. Students are not to accept any banned items from another student. 48900(k)	a) Item confiscated b) Parent Contact c) Suspension d) Police Contact e) Expulsion
13. Cell phones or other electronic devices are not allowed at School. Bayside Academy is NOT responsible for lost or stolen items. 48900(k)	a) Items Confiscated b) Parent Contact
14. Lighters, matches, firecrackers, "poppers", egg throwing, stick bombs or any other unsafe are not allowed. 48900(k)	a) Parent Contact b) Detention c) Suspension
15. Students must stay within the red-lined areas during lunch. Climbing on equipment of the adjacent field is not allowed. 48900(k)	a) Warning b) Detention
16. Students are not allowed to ride their skateboards, roller blades, shoes with rollers, and scooters on campus. 48900(k)	a) Item will be confiscated b) Parent Contact
17. Students are not allowed to chew gum at any time. 48900(k)	a) Campus Clean Up
18. Cutting class and/or leaving campus without permission are not allowed. 48900(k)	a) Parent Contact b) Detention c) Suspension
19. Students must wear appropriate clothing that does not cause a distraction. 48900(k)	a) Parent Contact b) Change Clothes

NOTE: Community service may be assigned in lieu of any of the above consequences. **Discipline is progressive** and the consequence given will be meaningful to the misdeed. Consequences for serious infractions will be made at the discretion of the administrators. Teachers and administrators may refer students to the counselor for special help. We encourage parents/guardians to contact teachers, the counselor, or an administrator to share any concerns at any time

** This form is ONLY to be completed as needed for an injury that occurs during the school year. This does not need to be filled out at the start of the year. *



**SAN MATEO-FOSTER CITY
SCHOOL DISTRICT**

PHYSICAL EDUCATION MEDICAL EXEMPTION APPROVAL FORM

School Name: _____

School Address: _____

Principal Signature *Date*

PART I: TO BE COMPLETED BY THE PARENT/GUARDIAN

Student Name: _____	DOB: _____
Address: _____	Home Phone: _____
Physician's Name: _____	Phone: _____
I give my permission to be the San Mateo-Foster City School District to contact the health care provider and confidentially and discreetly use the content of this form to plan my child's Physical Education Program.	
_____ <i>Parent/Guardian Signature</i>	_____ <i>Date</i>

Part II: TO BE COMPLETED BY THE HEALTH CARE PROVIDER

Medical Diagnosis: _____
Duration of the condition: <input type="checkbox"/> Short Term <input type="checkbox"/> Long Term <input type="checkbox"/> Permanent
The Condition is: <input type="checkbox"/> Progressive <input type="checkbox"/> Non-Progressive
Date student may return to unrestricted activity: _____
Date Student will be reexamined: _____
Functional capacity (Please check one and complete form on the other side)
<input type="checkbox"/> Unrestricted (No restriction on contact or intensity)
<input type="checkbox"/> Self-limited (Student is able to determine appropriate activities)
<input type="checkbox"/> Mild restriction (Only avoid vigorous activities)
<input type="checkbox"/> Moderate restriction (Limits sustained, strenuous activities)
<input type="checkbox"/> Severe restriction (Limits are severe)

Part III: TO BE COMPLETED BY THE HEALTH CARE PROVIDER. Check all activities that you consider to be ***not appropriate*** for the student to participate in. Remember all activities will be modified for student's ability level.

Locomotor Skills: Walk Hop Run Jog Skip Jump Leap

Fitness:

Cardiovascular Aerobic Dance Exercise Bike Jump Rope Step Aerobics
 Treadmill Jog/Run Rowing Machine Stair Stepper

Flexibility Arm/Hand Back/Abdominal Hip/Pelvis Leg/Knee
 Arm/Shoulder Head/Neck Leg/Foot

Muscular Strength and Endurance
 Curl-ups Free Weights (light) Plyometrics Pull-ups
 Weight Machines Push-ups

Individual/Dual Skills and Activities (non-contact activities, individual and partner practice skills):
 Badminton Basketball Bouncing Bowling Flag/Touch Football
 Floor Hockey Frisbee Golf Gymnastics/Tumbling Handball
 Lacrosse Pickleball Racquetball Soccer Softball
 Swimming Tennis Track and Field Volleyball
 Catching Throwing Kicking Dynamic Objects Striking Dynamic Objects
 Rapid Overhead Movements

Team Activities (Game situations where contact with other students is likely to occur):
 Basketball Field Hockey Flag/Touch Football Floor/Street Hockey
 Frisbee Lacrosse Soccer Softball
 Team Handball Track and Field Volleyball Other _____

Types of Games:
 Chasing/Fleeing Cooperative Propelling/Receiving Tagging

Provide additional comments that will aid in the modification of physical education for this student:

Health Care Provider's Clinical Stamp Here

Signature, Health Care Provider

Date

Return form to your child's physical education teacher.