

7 November 2017



## **Expectations for PE**

Dear Parent,

At Straits International School we have a clear expectation that students will actively participate in physical education. The only exception will be for serious injury that would be made worse by participation. If a student is unable to participate, a medical note would be expected to be produced to confirm the reason why.

Participation in quality physical education programs are needed to increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all students so that they can be physically active for a lifetime. It leads to improved judgment and can influence moral development. It assists in life skills such as being able to work in a group, the development of resilience and leadership skills. PE is a compulsory part of our school curriculum and is an assessed subject.

**Please support us to give your child all these vital elements to their education by ensuring they actively participate in all Physical Education lessons.**

**Note:** The following consequences will occur should expectations not be met:

1. Students wear the left over PE gear if they do not bring proper attire.
2. More than 2 times without PE gear, they join Mr Chris or Mr Jeff in the Vice Principals' office, with an email home reminding parents of expectations.
3. More than 3 times - After school detention with an email home reminding parents of expectations and a meeting with parents.
4. Persistent issues, a Saturday detention with an email home reminding parents of expectations and a meeting with parents.

*Non Mibi, Non Tibi, Sed Nobis*



### Safety requirements - Full PE uniform



**Hats** – These should be worn for all outside activities.

**Long Hair** - This should be neatly tied back so it can fit a cap for the duration of PE.

**PE Polo shirt** – as shown

**Long Pants/ Shorts** – as shown

**Running shoes** - appropriate shoes for running all sports. Football boots and shoes are not considered appropriate.

**Full Water bottle** – Students should ensure they drink plenty of water during the day and during activities.

Our well trained staff ensure the safety of your children at all times. Hot weather is not a reason to cancel sporting activities. However, in order to ensure the wellbeing of your child we recommend the following:

**Sunscreen** - It is recommended. Students should apply a broad spectrum SPF 30+ sunscreen at least twenty minutes before going outdoors.

If you have any questions or queries, please feel free to email me [cterry@sisgroup.edu.my](mailto:cterry@sisgroup.edu.my) or contact the school directly.

Regards,

**Mr C Terry**  
**Head of Secondary, Vice Principal - Straits International School**

*Non Mifi, Non Tibi, Sed Nobis*