



SAN DIEGO

Hebrew Day

San Diego Hebrew Day

Physical Education Program & Field Trip Permission Slip 2023-24 School Year

Child's Name _____ Grade _____

Physical Education is an important and required element of the total curriculum at the San Diego Hebrew Day. The course of study includes the development of basic skills, strength, endurance and flexibility. Knowledge of the physical laws of motion and basic health as related to exercise and cardio-vascular endurance, games and sport rules, and emphasis of good sportsmanship are all integral components of our physical education program.

All students are required to participate in their physical education classes. Flat-soled tennis shoes or sneakers with socks and clothing which allows freedom of movement are required. Valid excuses from participation require an appropriately dated note from the parent or family physician. In the event a student is unable to participate in physical education for periods beyond one week, a note from the family physician is required.

In order to assure that each child experience safe and healthy participation in our physical education program, please complete and return the bottom portion of this page. Without your prompt response, it will be assumed that no restricting health problems exist.

I understand that on physical education days my child is to wear flat-soled tennis shoes or sneakers and clothing, which allows for freedom of movement.

_____ My child does not have any health problems which would restrict physical education participation.

_____ My child has the following health problems which might restrict form normal physical education participation.

Permission for Field Trips & Park Visits

During the school year our students will be taking worthwhile, enjoyable fieldtrips to places in and around San Diego County. These trips are planned to provide each student with valuable learning experiences that reinforce our classroom curriculum.

This is a permission slip for the entire school year. Information regarding each specific trip will be sent home prior to that time. If, for any reason, you do not want your child to take part in one or more of these field trips, please return to us in writing a request that he/she will not take part in the field trips.

Additionally, our teachers will be utilizing the joint use space, Angier Field, to hold outdoor classes. Elementary and Middle School PE classes will use this space weekly and Cabrillo Heights Park.

I hereby give my permission for my child to participate in all San Diego Hebrew Day trips, including visits to the neighboring park unless otherwise specified in writing.

Parent/Guardian Signature

Date