THE HEALTH and WELLNESS PROGRAM

The Health and Wellness program at Dwight-Englewood is large and complex. It is important that you know just what to expect when you arrive in September. In its entirety, the program is an integral part of the educational experience offered by the school. Classes are scheduled three times weekly for grades six through eight, and two times weekly for the ninth grade and upper school Health and Wellness electives. Grading is based upon such categories as skill improvement and acquisition, attitude, preparation for class, attendance, and levels of engagement. Excuses from participation for medical reasons or illnesses are issued by the school nurse and are based on receipt of physician issued notes. These must be presented to the school nurse between 8:00 and 8:10 a.m. Although a student may be excused from participation, students are required to attend and observe class. Students with short-term medical excuses may not be given free periods nor are they allowed to study for other subjects during the physical education period.

For health and safety reasons, all students are required to change from their regular school clothes to clothing appropriate for the activity in which they are participating. Students are required to wear Dwight-Englewood Health and Wellness or Bulldog Physical Education T-shirts and shorts to class (spandex/leggings and ripped or tattered clothing are not permitted). Clothing and protective equipment such as mouth guards and safety glasses may be purchased at the school store. For cold and inclement weather, other brands of athletic sweat pants and sweat jackets/shirts are permitted. Since proper preparation is included in the criteria for grading, students will be given a limited grace period to familiarize themselves with these guidelines. Hats may only be worn when playing tennis or softball.

Body piercing policy - Students may not wear jewelry or decorations of any nature during physical education class or during athletic practices or games. This includes all new and existing items attached to the body by piercings. Therefore, students must remove all jewelry before participation. Additional information concerning the procedures for health and wellness may be found in the Handbook for Students and Parents and the Curriculum Guide.

Students who do not participate in physical education class are not permitted to participate in athletic practices or games after school. As a general rule of thumb, we suggest the following guideline: If your child is healthy enough to attend school, he or she is healthy enough to participate in health and wellness class.

At the beginning of the year, each student is assigned a locker in the gymnasium complex for storage of athletic clothing and for personal belongings, such as jewelry and computers. Whether participating in health and wellness or in after-school athletics, the student is responsible for the safekeeping of their personal items. We strongly encourage our students to make full use of their locker and to secure their locker door prior to leaving the locker-room area. Students are NOT to share lockers, nor should they share their combinations with other students.

Sincerely,
Michelle Carstens
Chair, Health and Wellness