



Barack Obama Academy of International Studies

515 N. Highland Avenue | Pittsburgh, PA 15206
Phone: 412-529-5980 | Fax: 412-622-5983

September 2015

Dear Parents/Guardians,

Welcome to the 2015-2016 school year. We are your child's Health and Physical Education teachers and we are looking forward to a healthy and productive year. Over the next ten months, your child will be engaging in a variety of physical activities, including swimming. In addition, your child will learn to stay healthy by taking care of his/her body and mind.

The aim in the MYP Health & Physical Education programme is to encourage and enable students to: use inquiry to explore physical and health education concepts, participate effectively in a variety of contexts, understand the value of physical activity, achieve and maintain a healthy lifestyle, collaborate and communicate effectively, build positive relationships and demonstrate social responsibility, and finally reflect on their learning experiences.

In health class, your child will be asked to complete homework at least two nights a week. Homework will include, but will not be limited to studying for quizzes and tests, completing vocabulary exercises, writing essays, researching topics, and staying up-to-date on current health events/topics. Students are expected to have a writing implement, a spiral notebook, an agenda book, and a two pocket folder every day for class.

In physical education class, your child will also be asked to complete homework assignments. Again, these assignments will include, but not limited to graphing their progress, practicing skills, staying active, and writing in a journal. In Physical Education class students will be taught from a holistic view such as but not limited to the sports impact on the economy, changes in uniform design, arenas locations and speculations, and how different cultures perceive the sports.

In both Physical Education and Health class, students will be working on larger projects and assessments that will allow students to apply and demonstrate knowledge acquired in class. Projects and assessments will be aimed to develop internationally minded students that are thinkers, communicators, principled, open-minded, caring, risk takers, balanced, reflective, knowledgeable, and inquirers. In addition, students will be required to enhance their global contexts by developing meaningful explorations of: identities and relationships, orientation in space and time, personal and cultural expression, scientific and technical innovation, globalization and sustainability, and fairness and development through weekly presentations and projects.

We also ask that you help your child adhere to the following Health and Physical Education Department's policies and procedures. Students are **required** to purchase an official Pittsburgh Obama gym uniform. Gym uniforms can be purchased at the main office for \$15.00; shirts are \$8.00 and shorts \$7.00 each. Additionally, you may purchase official Obama physical education sweatpants for \$15.00, these may be worn during the months of December – February only. No other attire will be accepted. Students must also have tennis shoes to participate in gym activities. Students who are **legally excused** from class (i.e., Physicians note or Parent's note good for one day only) are required to complete a one and a half page summary report from selected Health and Physical Education reading material. Upon completion, an evaluation will be made for a possibility of receiving the **full ten class points**. Although students may be legally excused from participation, they **must still dress for swimming and/or physical education class**.





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Those students not legally excused or prepared to participate are also required to complete the same written assignment as described above. A total of **five points** are possible in this case. There are consequences for unexcused participation. The first unexcused participation, the student will be given a verbal warning. The second unexcused participation, the parent/guardian will receive a phone call from the teacher. And the third unexcused participation, the proper Vice Principal will receive an office discipline referral for the student.

All students are strongly encouraged to purchase a combination lock to be used during gym or swimming. The lock will be used for that period only and will be removed at the end of the period. This policy eliminates theft. **We cannot be responsible for any valuables remaining in the locker room during class.** At the end of the school day, any remaining locks on the lockers will be removed.

As a school with high expectations for our students, we have many goals to prepare them for a successful future. One expectation we have for all students: be on time for class. We all know how important promptness is when entering the workplace, whether it is arriving on time, completing a task, or simply returning a call; we need to teach this now before bad habits are formed. In order to become proactive, the Health and Physical Education Department has developed strategies to assist students. First, students will lose points on daily assignments for each unexcused tardy. If the issue continues, the home will be notified and a referral to their assistant principal will take place. Please speak to your child regarding the importance of arriving to class on time. We want them to develop skills to be successful. Studies have found that **punctuality is a key to success**; please speak with your child regarding this essential trait.

Our school is a certified International Baccalaureate Middle Years Programme (IB MYP) in which we challenge students to think more holistically. To this end, we will assess students work with the following IBMYP criteria. Using these criteria helps students to integrate the skill and knowledge they gain in Health and Physical Education class to larger contexts.

HEALTH AND PHYSICAL EDUCATION ASSESSMENT CRITERIA

Criterion A – Knowing & Understanding

Criterion C – Applying & Performing

Criterion B – Planning for Performance

Criterion D – Reflecting & Improving Performance

Health and Physical Education grades are averaged by the percentage of the total possible points for a report period: 90% = A; 80% = B; 70% = C; 60% = D and 59% and lower = E. Students who attend the Gifted Center and miss Friday classes receive the percentage of total days in attendance.

In Health Education Classes, students will be graded on the following criteria:

- a. Assessment (Warm-up and Exit Tickets) 5%
- b. Participation (Class Discussions and Homework) 15%
- c. Practical (Class Work, Group Work, Notebook/Workbook, Quizzes, etc.) 40%
- d. Theoretical (Tests and Projects) 40%

In Physical Education Classes, students will be graded on the following criteria:

- a. Assessment (Fitness Testing) 5%
- b. Participation (Effort in physical activity, Sportsmanship, Safety) 15%
- c. Practical (Punctuality, Dressed, Warm-Up, and Engagement in Activity) 40%
- d. Theoretical (Class Assignments, Exit tickets, Homework, Test/Projects, Discussions) 40%





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Students who do not turn in homework the day it is due will receive a zero. Although we do not encourage, some assignments will be received after a due date, but will be penalized a 10% reduction in grade for each class period that the assignment is late. There will be absolutely no extensions provided for those assignments and projects that have deadline dates. No Exceptions! Work may be submitted prior to a deadline or due date, and emails will be accepted as well. There will be no opportunity for make-up assignments to assist in raising grades at the end of the report period. We would appreciate your help in establishing a homework routine for your child.

Final Exam:

Please be aware that all students will be required to complete a final exam at the end of each semester. The final exam is worth 20% of their semester grade. The health final will be a written exam that consists of all material learned that semester. The physical education final will have 2 sections, **a written comprehensive exam and a physical one.**

Attached to this letter is a copy of the Health and Physical Education Rotation Schedule for this year. This schedule specifies the area (Health, Gym, and Pool) and the activity in which the students will be participation. We hope that having this schedule at home is helpful to you and your child. We would like for you and your child to sign and date the back of the letter. Please have your child return it to us no later than September 11, 2015. Your signature lets us know that you and your child have read the policies and procedures for Health and Physical Education. Should you have any questions or concerns, please feel free to contact the Physical Education Department at (412) 325-8760 or (412) 325-8761.

Thank you for your willingness to be partners in your child's Health and Physical Education Program. We look forward to a rewarding year.

Sincerely,

Mr. Chris Edmonds

wedmonds1@pghboe.net (412) 529-6167

Mrs. Starr Macklin

smacklin1@pghboe.net (412) 529-8761

Mrs. Ashleigh McDonough

amcdonough1@pghboe.net (412) 529-8824

Mrs. Jean Stovash

jstovash1@pghboe.net (412) 529-8760





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2015-2016 School Year

Dear Parent or Guardian,

We all know good health is a most desirable aspect of total living. As part of our Health Education Program within the Pittsburgh Public Schools, we have instituted a Wellness Curriculum. Its purpose is to help prepare each student to take responsibility for his or her own personal health. In order to achieve this goal, the curriculum provides information designed to promote students' self-esteem, sense of responsibility and decision making skills. These should serve to foster a healthier lifestyle, especially in the areas of drugs, alcohol and substance abuse, nutrition, mental health, and sexual responsibility.


Within the sex education section of this curriculum are units on the reproductive system, relationships, school age parenthood, family planning, and sexually transmitted diseases. Furthermore, in keeping with the state mandate, we have included a series of lessons on HIV/AIDS. Additionally, teachers who feel comfortable in leading discussions with their students on relevant topics concerning human sexuality are being encouraged to do so. This division is conducting workshop updates that will provide teachers with essential informational updates and strategies necessary to increase the effectiveness of our Wellness Curriculum. Strategies for enhancing self-esteem, promoting effective classroom discussions, and for improving decision-making skills are among the selected teacher in-services.

You are welcome to attend any of the above lessons in which your child participates. Please inform the building principal beforehand of your intentions to visit. If you do not wish for your child to participate in the sex education portion of this curriculum, please notify his or her health teacher in writing.

Thank you for taking the time to read this letter. Please feel free to call if you have any questions concerning our Wellness Curriculum.

Sincerely,
Health and Physical Education Department.
(412) 325-8760
(412) 325-8761

Approved _____


Dr. Wayne N. Walters, Principal





Pittsburgh Obama 6-8
PHYSICAL EDUCATION CALENDAR 2015-2016
1st Semester

	MCDONOUGH 6th & 7th	EDMONDS 7th & 8th
August 31 – September 18	Fitness Testing	Fitness Testing
September 21 – October 9	Health	Gym – Soccer
October 12 – October 30	Pool	Health
November 2 – November 20	Gym – Badminton	Pool
November 23 – December 11	Health	Gym – Badminton
December 14 - 23	Pool	Health
January 4 – 22	Gym – Soccer/ Fitness Testing	Pool/ Fitness Testing



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Pittsburgh Obama 6-8 PHYSICAL EDUCATION CALENDAR 2015-2016 2nd Semester

	MCDONOUGH 6th & 7th	EDMONDS 8th
January 27 – February 12	Fitness Testing	Fitness
February 15 – March 4	Pool	Gym – Football
March 7 -- March 18	Gym - Soccer	Health
March 28 – April 15	Health	Pool
April 18 – May 6	Pool	Health
May 9 – 27	Health	Gym – Basketball
May 30 – June 13	Gym – Badminton/Fitness Testing	Pool/ Fitness Testing





Pittsburgh Obama 9-12

1st Semester

PHYSICAL EDUCATION CALENDAR 2015-2016

	STOVASH	EDMONDS	MCDONOUGH	MACKLIN
	9TH	9TH	9TH	11TH
August 31 – September 8	Health	Fitness Testing	Fitness Testing	Fitness Testing
September 14 – 25	Health	Fitness	Gym – Track & Field	Gym – Track & Field
September 28 – October 9	Health	Gym – Track & Field	Fitness	Pool
October 12 – 23	Health	Pool	Gym – Volleyball	Fitness
October 26 – November 6	Health	Fitness	Pool	Gym – Volleyball
November 9 – 20	Health	Gym – Volleyball	Fitness	Pool
November 23 – December 4	Health	Pool	Gym – Basketball	Fitness
December 7 – 18	Health	Gym – Basketball	Pool	Gym – Basketball
December 21 – 23	Health/ Electives	Electives	Electives	Electives
January 4 – 22	Health/ Final Exams	Fitness Testing/ Final Exams	Fitness Testing/ Final Exams	Fitness Testing/ Final Exams



Pittsburgh Obama 9-12
2nd Semester

PHYSICAL EDUCATION CALENDAR 2015-2016

	EDMONDS	MCDONOUGH	STOVASH	MACKLIN
	10TH	10TH	10TH	11TH
January 27 – February 5	Fitness Testing	Fitness Testing	Health	Skating/ Fitness
February 8 – 19	Fitness	Gym – Basketball	Health	Gym – Football
February 22 – March 4	Gym – Basketball	Pool	Health	Pool
March 7 – 18	Pool	Gym – Volleyball	Health	Fitness
March 28 – April 8	Gym – Volleyball	Fitness	Health	Gym – Lacrosse
April 11 – 22	Fitness	Pool	Health	Gym – Soccer
April 25 – May 6	Pool	Gym – Track & Field	Health	Pool
May 9 – 20	Gym – Track & Field	Fitness	Health	Fitness
May 23 – June 3	Fitness Testing	Fitness Testing	Health	Fitness Testing
June 6 – 13	Electives/ Final Exam	Electives/ Final Exam	Health/ Final Exam	Electives/ Final Exam



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I have read this letter with my child and understand the requirements for Health/Physical Education class. Please ask your child to return this portion of the letter to the appropriate Health/Physical Education teacher to ensure excellent communication and receive points for a homework assignment. Thank you for our future team work.

Student's Name _____ Section/Period _____

Parent/Guardian Signature _____

Date _____

Student E-mail address _____

Parent E-mail address _____

Current Home Phone _____

Current Parent/Guardian Cell Phone _____

Student Signature _____

Date _____

Principal Approval _____
Wayne N. Walters
Dr. Wayne N. Walters, Principal

