

Hernandez Wellness Department



August 19, 2015

Welcome to our Hernandez Wellness Department! As a staff we are looking forward to experiencing a wonderful year with your child. Listed below are a few important informational items for you to be aware of this upcoming year. We would also encourage you to visit our Bulldog Wellness link listed below. That page will include information regarding both the physical and health education curriculums, the semester calendars as well as information on how to contact your child's instructor. Looking forward to a great year of wellness and as always, go Bulldogs!

Important Wellness Information:

Web-page: <http://ladybulldogathletics.weebly.com/physical-edu.html>

Dressing out for PE: It is a district and campus requirement that our students dress out for their PE class in our assigned PE t-shirt (\$12 ea/ or \$20 for 2 shirts). Students will wear this shirt for the PE class as well as dress appropriately for outside activity in their own shorts, sweat pants, etc. Jeans are not acceptable. We dress out for both safety and hygiene reasons.

Fitnessgram Testing: In RRISD, we have our students perform both a pre- and post-test at both the beginning and end of each semester. This data is used to assist in motivating your child and assisting them in charting their self-improvement. We chart their height, weight and flexibility. Then we test their muscular strength and endurance on curl-ups, push-ups, and aerobic capacity by utilizing the Pacer test.

Literacy Skills: Whether in Health or PE; each student will keep a journal. In PE they will document their daily workouts as well as answer open-ended questions in regard to wellness topics and self-reflection.

Lockers: Each student in PE has access to a locker in the PE locker room. They will have to bring their own lock. The Wellness department will not be issuing locks. Nor is RRISD or Hernandez responsible for any lost or stolen items. We urge parents to purchase a lock.

PE Instructors:

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"Today is a great day to be a Bulldog!"