



ÉCOLE PRIMAIRE MOUNTAINVIEW
MOUNTAINVIEW ELEMENTARY SCHOOL
2001, rue Guy, Deux-Montagnes (Québec) J7R 1W6
Tel: (450) 621-7780, Fax: (450) 472-6804

PHYSICAL EDUCATION AND HEALTH CLASS

All students are required to wear or have the following supplies for Physical Education classes, intramural or other activities taking place in the gymnasium:

Exercise shorts: shorts worn to or above the knee and are appropriate for strenuous physical activity. **T- shirt:** short sleeved; no long sleeved tops please.

Running shoes: a pair to be worn exclusively indoors and a second pair for outside. The shoes should be sturdy enough to provide good support for feet and ankles, in order to avoid injury. No sandals or shoes with heels.

Sport protective glasses: all students (Grades 1 to 6, inclusively) must have a pair. Students wearing prescription glasses must have a pair designed to fit over them.

Protective glasses are a requirement for the safety of our students. Each student must wear a pair when the following equipment is in use: hockey sticks, lacrosse sticks, badminton and tennis rackets, paddles and scoops. Students not wearing their glasses will not be permitted to participate in these activities.

We want to encourage all our students to change after each Physical Education class. Please remember to pack a change of clothes in a bag for your child and to label them. Changing after sweating reduces the potential for stuffy, smelly classrooms. Good grooming and hygiene benefit everyone. It is never too early to learn good habits.

Students will have to take off their jewelry during Phys. Ed. classes or intramurals. As always, the safety and health of our students is of utmost concern.

Thank you for your understanding and cooperation.

Miss Layal ☺

PLEASE NOTE: Safety glasses are available for sale at the office for \$18.00 – exact change only, no cheques.



COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
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