



Greetings,

The ACHS Physical Education Department would like to inform the parents and students that starting next fall the students will be expected to bring exercise clothing to change into for Physical Education. In order to safely and comfortably take part in daily PE lessons the students **should be prepared with:**

Sneakers

Shorts, Sweatpants, Windpants

T-Shirts, Sweatshirts

Lock for their PE locker *

(personal items should be locked in a locker at all times during PE class)

Items that will **not be permitted** in PE class:

Sandals, Crocs, Dress Shoes, Boots

Jewelry or watches that present a safety risk

Typical School Clothing

Cell Phones

Any clothing that does not comply with the Amherst Schools Code of Conduct

The PE staff looks forward to getting back to the normal PE routine, and if these basic expectations are met it will put us on track for a successful year in PE. Thank you for your help in this matter and we hope all of you have a safe and physically active summer.