



Springs Christian Academy

Physical Education Department

The Physical Education Department has a dress code for all students which we have summarized below.

- Students are to dress modestly. *1 Timothy 2:9 "I also want you to dress modestly; with decency and propriety."*
- **Preschool to Grade 2** students do not change for P.E. classes, they only require socks & non-marking, indoor runners.
- **Grades 3 to 12** students are to change into P.E. clothing for each class; to participate in P.E. classes they **MUST** have their P.E. attire.
 - Students are required to wear **loose fitting** shorts or sweat pants. Length must be no shorter than mid-thigh. No spandex please.
 - The hems of t-shirts and sweat tops **must** extend below the waist when arms are raised.
 - For health reasons all students must wear sports socks to class.
 - Proper non-marking running shoes must be worn in the gym. For safety reasons, backless runners or **skate board shoes are not allowed.**
- **For Grades 4 to 12, all jewellery including ear studs must be removed and stored in a secure place before coming to class.** Taping earrings does not eliminate safety concerns. (It is recommended that students have their ears pierced during the early part of the summer due to the fact it takes approximately six weeks for the ears to heal.)
- **Preschool to Grade 3** students should not wear earrings to school on their P.E. class days; however, if parents send their child to P.E. classes with "sleeper or stud earrings", SCA will not be responsible to remove the earrings for P.E. class, & SCA will not be responsible for any injury that may result.
 - Preschool to Grade 3 students are not permitted to wear dangly earrings during P.E. classes – they must be removed.
- SCA is not responsible for lost or stolen items including jewellery.
- A fresh change of clothes is recommended weekly. For health reasons, daily fresh socks are recommended.
- Students with long hair must have it tied away from their face.
- Deodorant is required for students in Grades 5 through 12.

Thank you for reviewing these expectations with your child.

SCA Physical Education Department,
Mrs. Serhal
Mr. Watania
Mr. Kampen

