

This year, students in grades 5 through 8 at St. Michael will be changing into PE uniforms for gym class.

- **Morning PE Classes:**

Students who have PE in the morning may come to school wearing their PE uniform. After PE, they will change into their regular school uniform.

- To ensure privacy and avoid overcrowding in restrooms, students will be divided into two groups. A few students at a time will be sent to change clothes. We want to ensure children have privacy when changing from their PE clothes to the regular uniform.
 - Group 1 will change at the end of PE class (extra time has been added to accommodate this).
 - Group 2 will change at the during of their next class.

- **Afternoon PE Classes:**

Students with PE after lunch should arrive in their regular uniform and will be given time to change into their PE uniform during the class before lunch. A few students at a time will be sent to change clothes. We want to ensure children have privacy when changing from their regular uniform to their PE clothes.

- These students will remain in their PE uniform until dismissal.

- **What to Bring:**

Students who will be changing clothes for PE should bring:

- Each student will bring a small bag labeled with their name containing:
 - Their change of clothes (either PE clothes or regular uniform)
 - Deodorant (for use after PE)

- **Preschool through Grade 4:**

Younger students will continue to wear their PE uniform to school on PE days and will remain in it for the entire day.

We understand that change can be difficult. It is important that we work together to make this a smooth transition. We appreciate your support in helping students stay comfortable, organized, and prepared for physical activity. More information regarding PE uniforms and this year's changes will be discussed during parent night at the beginning of the year meetings.