

Southwest Academy Magnet School

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We are excited to share some news for the upcoming 2018-2019 school year!

For continuity, your student will keep his/her uniform shirt color for next year. **Navy Blue** Polo Shirts for 7th grade and **Red** Polo Shirts for 8th Grade. **Hunter Green** Polo Shirts will be the uniform color for grade 6. Tan/Beige Khaki colored bottoms are required. Please note, hoodies are not allowed to be worn during the school day. Only cardigan sweaters that are the same color as the uniform shirt will be allowed.

Additionally, next year, Southwest Academy will have FANTASTIC new physical education (PE) uniforms. In the past, students were not required to dress in uniform in order to participate in physical education class. This created several safety issues related to hygiene, restricted movement and noticeability. Students who did not change into athletic apparel had to wear sweaty clothes to the rest of their classes. Their movement was also restricted, which prevented students from completing certain tasks or making tasks more difficult. In addition, having students wearing a school PE uniform will make them easily recognizable, especially when classes are outside on the fields.

Per the BCPS policy of the Office of Physical Education, every student is **required** to wear a PE uniform and to actively participate in the physical education program. Chronic unpreparedness will be addressed through school-wide consequences and parent/guardian contact.

The required PE uniform for the 2018-2019 school year consists of the following:

1. SWA PE Shirt (Available for purchase at SWA)
2. SWA PE Shorts (Available for purchase at SWA)
3. Socks
4. Athletic Shoes
5. Student may also wear sweat pants and a sweat shirt under the PE uniform during the colder months.
6. **Combination locks are also required** as each student will have their own locker. Students are responsible for locking up their personal belongings.

The cost of the uniform is \$13 payable by cash or money order. Uniforms will be available for pre-order and purchase during the summer and at Back-to School Night (specific dates will be provided in the summer mailing). Summer office hours are 8:00 a.m. - 2:30 p.m. If your student already has the PE uniform from the PTSA, you do not have to purchase a new uniform.

The benefits of physical fitness are numerous. Appropriate practice of physical activity assists young people to:

- maintain and develop a healthy body (i.e. musculoskeletal tissues, cardiovascular systems, neuromuscular awareness and weight);
- improve control over symptoms of anxiety and depression;
- assist in social development of young people by providing opportunities for self-expression, building self-confidence, social interaction and integration.

It has also been suggested that physically active young people more readily adopt other healthy behaviors (e.g. avoidance of tobacco, alcohol and drug use) and demonstrate higher academic performance at school.

We look forward to a healthy 2018-2019 school year!