



Hamilton International Middle School, a rigorous academic and collaborative learning community, educates students to succeed and contribute in a diverse world.

PE WAIVER INFORMATION

Hello Hamilton International Middle School Families,

At Hamilton International Middle School (HIMS) families may request a P.E. waiver only for students to access both a World Language and Music, or if a Reading or Math Improvement class is a priority. As you plan your child's educational needs for the 2010-2011 school year, please keep in mind that if you intend for your student(s) to participate in both World Language and Instrumental Music or Choir. They must have a P.E. waiver on file. Carefully read the below information:

It is Washington State Law that every child receive at least one (1) full semester of a Physical Education class. You need to fulfill all of the below requirements in a timely manner to qualify for a P.E. waiver:

1. Enroll and participate in at least 90-hours of outside physical activity in an approved exercise program during the 2010-2011 school years. This can be obtained by participating in one of the following:
 - Seattle Public School after school athletic program
 - Seattle Parks Department athletic programs such as soccer or basketball
 - HIMS HOST programs
 - Organized programs such as Row Club, Swim Club, Tennis Club
2. Complete the P.E. waiver form (enclosed and on-line) no later than December 1st, 2010.
3. Submit a signed letter from a coach or instructor on letterhead. We cannot accept emails or phone call.
4. A signature from physician or religious Leaders is needed **ONLY** if your child has special circumstances that would not allow them to participate in P.E.

P.E. waiver documents will be accepted beginning September 9th, 2010 and no later than December 1st, 2010. A letter from parent/guardian or registration form is acceptable if your child will be participating in a spring sport. However, a letter from a coach or instructor will need to be turned in within one week of the start of program.

Thank you,

Elizabeth Peila
Registrar
elpeila@seattleschools.org
206-252-5832

Values

Continuous Growth – Respect – Diversity – Integrity – Teamwork



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LETTER OF INTENT

Letter of Intent to participate in two of the below programs during the 2010-2011 school year at Hamilton International Middle School which will require a P.E. waiver.

Student Name: _____ **I.D. #** _____
Grade for 2010-2011 school year _____ **Prior School** _____
Parent Name _____ **Daytime contact #** _____

Please check two (2) of the following:

Band: *(new students will have a meeting with the director for placement, you will be contacted for evaluation appointment)*

- Beginning – no experience necessary
- Cadet
- Concert
- Symphony
- Senior Jazz

Orchestra: *(new students will have a meeting with the director for placement, they will be contacted prior during the week prior to school to make an appointment)*

- Beginning – no experience necessary
- Cadet
- Concert
- Symphony

Choir

- Spanish: 1st year _____ 2nd year _____ 3rd year _____
- Spanish Immersion: *(must be presently enrolled or be a native speaker to participate)*
- Japanese: 1st year _____ 2nd year _____ 3rd year _____
- Japanese Immersion: *(must be presently enrolled or be a native speaker to participate)*

At this time we are requesting that our child be pre-planned for the above classes. We understand that this does not guarantee placement. This document will be time stamped upon receipt. Final student schedules will be mailed out in late August 2010.

Parent /Guardian signature: _____ Date: _____

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PHYSICAL EDUCATION (PE) WAIVER School Year 2010-2011

Students in grades 1-8 are required to participate in an average of at least 100 instructional minutes per school week in PE classes (90 hours per .5 semester credit), unless such participation is waived. Seattle Public Schools does not endorse PE Waivers. Students in grades 1-8 may be excused from any P.E. instruction for the following reasons:

- A. Physical Disability; or
- B. Religious Belief; or
- C. Participation in Directed Athletics
(RCW 28A.203.040)

Physical education waivers are not automatically granted, especially in cases where students have room in their schedule to participate in a P.E. class. Students can and have been denied P.E. waivers when appropriate. Making a request does not ensure that a waiver will be granted. Verification from a physician, religious leader, head coach or instructor, on official letterhead, must be attached and turned in to the Main Office no later than **DECEMBER 1, 2010**. If verification and approval is not received by December 1, 2010 students will be scheduled for a P.E. class during 2nd semester in place of either World Language or Music.

CRITERIA FOR GRANTING WAIVERS

- A. Physical Disability Attach verification from student's doctor or health care professional indicating that participation in a P.E. class will be detrimental to a student's health.
- B. Religious Belief Attach a request from a student's religious leader for Religious Accommodation per School Board Policy D150.01
- C. Directed Athletics Waivers for participation in directed athletics will be granted for students who are participating in Seattle Public School – sponsored sports or athletic teams, as well as community based organized athletic teams. To receive a P.E. waiver for participation in a community-based athletic team, the team must meet the following criteria:
 - 1. The student must participate in a minimum of 90 documented hours of activity.
 - 2. The team must hold regular workouts or practices.
 - 3. Activities must be facilitated by a qualified adult instructor.

Individual student waivers may also be granted for students who participate in competitive sports or athletic activities. Just as with sports teams, the activity must have regular workouts or practices, be facilitated by a qualified adult instructor, and include 60 documented hours of activity. Attach verification from the coach or instructor on official letterhead indicating the dates and number of participation hours.

Student Name (Please Print) Date _____

Student ID Number/ Grade _____

Parent/Guardian Signature Date _____

Coach name/Contact number _____

Physician/Religious Leader Contact number _____

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