

PE Waiver Letter from the Hamilton Registrar

October 14th, 2020

Dear Hamilton International Middle School Families,

It is time for students who are not currently scheduled in either PE or Alternative Activity in either Semester to complete their Physical Education waiver forms. This agreement allows those students who complete 60 hours of directed physical activity or Personal Activity to waive the state PE requirement.

In Washington State, every student is expected to participate in a minimum of 60 hours of Physical Education each year. Please review the information below and complete all attached forms and necessary documentation.

Due to COVID-19, during the 20-21 school year, you have the option to complete a "Personal Activity" log sheet. All activities must be performed for more than 20 consecutive minutes during one (1) session to be recorded. For example, walking, at home YOGA, Canoeing, skiing, outside play with sibling to mention a few. Each day must be recorded and initialed by Parent/Guardian, these log sheets must be submitted no less than bi-monthly and sent to Ms. Peila at elpeila@seattleschools.org

All electives are full at this time and we are not able to re-schedule students currently enrolled in PE or Alternative Activity classes in either Semester.

Enroll/Log and participate in a minimum of 60 hours of physical activity in an approved program for the 2020-2021 school years. This can be obtained by participating in one of the following:

- Seattle Parks Department athletic programs such as soccer or basketball
 - Organized programs such as Row Club, Swim Club, Tennis Club
 - Martial Arts, Archery, Ski diving, Dance, etc. lessons if a licensed instructor is teaching the activity
 - Completing a "Personal Activity" log sheet (separate sheet)
1. Complete the attached P.E. waiver form no later than **December 1st 2020**. **Students have until the end of the school year to complete their hours, but you must submit a completed Family Plan (see PE waiver form form) no later than December 1st, 2020.**
 2. Submit a signed (**must be an original ink signature**) letter from a coach or instructor on letterhead within two (2) weeks of the start of the activity (**If letterhead is not available please attach a business card, website cover page or brochure**). For the 20-21 school year only, please email these forms
 3. Submit a LOG SHEET/S must be signed by parent/guardian
 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.

A family plan (see PE waiver form) from parent/guardian is mandatory. Letter from a coach or instructor must be submitted within two (2) weeks of the start of the agreed upon activity. "Activity Log Sheets" sent at least bi-monthly

Please scan and email or mail to Ms. Peila. **Do not fax.**

Thank you,

Ms. Peila/Registrar
1610 N 41st St
Seattle, WA 98103
elpeila@seattleschools.org

PE Waiver Form Information

Requirement

Students in grades 1-8 are required to participate in an average of *at least* 60 **instructional** minutes per school week in PE classes, unless such participation is waived. Students in grades 1-8 may be excused from any P.E. instruction for the following reasons: (Reference: RCW 28A.230.040)

- A. Physical Disability; or
- B. Religious Belief; or
- C. Participation in Directed Athletics because they are participating in two (2) year-long courses.
 - i. For example: World Language and Advanced Drama

Verification from a physician, religious leader, head coach or instructor on official letterhead (for those activities that have begun), Personal Activity log sheet must be emailed or mailed no later than DECEMBER 1st, 2020. Log sheets sent bi-monthly

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. A new letter needs to be submitted each year.
- 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 team must hold regular workouts or practices.
 2. Activities must be facilitated by a licensed/qualified adult instructor or coach.
 3. The student must participate in a minimum of 60 documented hours of activity between September 4th and June 1st. (last day of school is June 18th, need to submit all final documents to OSPI no later than June 8th)
- D. Personal Activity Log Sheet: participation of self-directed activity for more than 20 consecutive minutes. These should be entered after daily completion and must be signed off by parent/guardian.
- E. Individual student waivers may also be granted for students who participate in competitive sports. Just as with sports teams, the activity must have regular workouts or practices, be facilitated by a qualified adult instructor or coach, and include a minimum of 60 hours documented hours of activity. Attach verification letter from the coach or instructor on official letterhead with original signature.

Make sure the letter from the coach or licensed instructor indicates

- Participation dates.
- *TOTAL NUMBER OF HOURS IN THE SEASON*
- Original ink signature on the letter
- Email completed forms to Ms. Peila or Mail to HIMS

For the 20-21 school year, you have the option to complete self-directed activities.

- Personal Activity Log Sheets must be emailed or mailed at least bi-monthly
- Must be signed by parent/guardian after each activity has been completed

EXAMPLE of a Coach or Instructor Letter

Please be sure to include one (1) of the following with the coach or instructor's note. These notes MUST have an original ink signature.

1. written on associated activity/business letterhead
2. business card from that activity/business
3. print the homepage of the website of team or licensed business and attach to instructors' letter.

EXAMPLE ONLY: The purpose of this letter is to document that (student name), intends to be involved in several sports during the current school year that combined will satisfy the PE waiver requirement of at least 60 hours of physical activity.

At present, he/she is participating in (team name or activity). Attached is a verification letter from the coach or instructor on official letterhead (If letterhead is not available please attach a business card, website cover page or brochure) verifying (number of hours) of combined practices and games We will send a letter from Coach/Instructor within two (2) weeks of the start of the season for each agreed on activity.

Make sure the letter indicates participation date's, TOTAL NUMBER OF HOURS IN THE SEASON and original ink signature of the coach or licensed instructor.

Family Plan (EXAMPLE only)

Activity	Time Period / Weeks	Hours
Soccer	Sept. - Nov. (approx. 14 weeks) 4.5 hours per week (not including expected city tournament in December)	68
Basketball – Green Lake community center	Nov. - March (14 school weeks) Est. 3 hrs/wk	est. 42
Baseball – North Central Little League - majors	March - June (16 weeks) Est. based on 116 hours spring 2021	est.100+
Total Hours	September 2020 – June 2021	~210+ hrs

PE Waiver Form

Family Plan

Complete the table below and email or mail to HIMS. No fax will be processed.

Activity	Time Period / Weeks	Hours
Total Hours		hrs

Student Name (***Please Print***): _____ Grade _____

Parent/Guardian Signature: _____ Date: _____

Daytime phone number: _____ Email _____

