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Dear Parent,

We are writing to offer your child the opportunity to earn high school credit this summer in the area of health/personal fitness. During the week of **Monday, June 6th -Thursday, June 9th**, we are inviting rising 9th graders to attend a one-week summer health session from 8:00am – 3:30pm each day. Students participating in this course will also be required to document 30 hours of athletic or band activity under the direction of a certified Barrow County School System coach or band director. Students who are **not** involved in an athletic or band program may attend PE summer school during the weeks of **Monday, June 13th - Thursday, June 16th AND Monday, June 20th-Thursday, June 23rd**, from 8:00am-12:00pm each day, to complete the 30 hours. In the case of PE summer school, please note that students must attend BOTH weeks if they are to receive credit. If the student is involved in a summer athletic activity or band, there is no need to complete the physical activity portion during the summer school, for these spots are limited. We encourage that students complete the hours through their specific band/athletic organization if possible. Upon successful completion of the week-long health course and the 30 hours of athletic activity, students will earn one unit of health/personal fitness which is required for graduation. Students usually complete health/personal fitness during their 9th grade year, and completing the requirements during the summer will allow them the opportunity to choose a different elective or advanced level course.

**Applications and payments are due no later than April 30, 2022.** We do require a fee of \$55.00 (course \$50 and registration fee \$5) to participate in the summer health/personal fitness program. This fee is due at the time the application is submitted. Payment will be submitted through My School Bucks' (My School Bucks Information on page 5). **Both the registration and payment must be complete to have a place held in the class. This is on a first come first serve basis.** No shows are nonrefundable. This money is used to pay the teachers.

Please return completed applications to the counseling office at the middle school. Please read the information presented in the application and send any questions you may have to Monica Quinones, AHS Counselor, at [monica.quinones@barrow.k12.ga.us](mailto:monica.quinones@barrow.k12.ga.us). We look forward to working with you and your child in the coming year.

Sincerely,  
Angela Boyd  
Assistant Principal, Apalachee High School



### **Barrow County High School Summer Health/Personal Fitness Opportunity**

To be eligible to receive one Carnegie unit in Health/PE without taking the class during the school year, each student must complete the Health and the Physical Activity portions of the credit during the summer 2022. The options are listed below.

Each student must complete the Health course and 30 hours under the Physical Activity category.

**All forms must be completed and returned to the high school counseling office prior to or on August 2nd, 2022 to receive credit for the course. If these forms are not received by this date, your student will not receive credit for this course.**

#### **Health Class:**

**Students must attend all 4 days to receive credit.** The ADAP (Alcohol and Drug Awareness Program) and Choosing the Best will be completed during this week. If this portion is not completed, the student is ineligible for course credit.

Dates: Monday, June 6th -Thursday, June 9th

Time: 8:00 – 3:30

Location: Gym/Health Classroom

#### **Physical Activity:**

All students are required to complete 30 hours of physical activity signed off by the supervising coach/teacher. The students must be under the direct supervision of their coach or band director or one of the PE instructors for the 30 hours. If this portion is not complete, the student is ineligible for the course credit. **Students need to complete one of the following options in order to receive course credit:**

1. Students NOT involved in a sport or band. PE instruction will be Monday, June 13th - Thursday, June 16th, 8:00-12:00 AND Monday, June 20th-Thursday, June 23rd, 8:00-12:00. **Students choosing this option MUST attend each day for both weeks.**
2. Other planned workouts or practices under the supervision of the Coach/Band Director specific to the sport or activity.

**The Health Class and the Physical Activity must be completed and signed off by the instructor or the coach before credit can be awarded. All activities will take place during the summer. All forms must be completed and returned to the Apalachee High School Counseling office no later than August 2nd, 2022.**

**Barrow County School System**  
**Summer Session Health Registration Form – 2022**

**Registration forms due to the Middle School Counseling Office no later than April 30, 2022**

<b>Student Name:</b>	_____	<b>Parent Name:</b>	_____
<b>Grade (22-23)</b>	_____	<b>Phone #</b>	_____
<b>Phone #:</b>	_____	<b>Email:</b>	_____
<b>Email:</b>	_____		
<b>Emergency Contact Name:</b>	_____	<b>Emergency Contact Phone #:</b>	_____

**The Health course will take place June 6 – June 9 from 8:00 am. – 3:30 p.m. Please note that students will have to attend every day to satisfy the Health requirement.**

By submitting this application and the fee payment of \$55.00, I understand that my child is committed to participating in the health portion of health/personal fitness during the summer. In order to receive credit, I understand that my child must be present each day from 8:00 a.m. – 3:30 p.m. Any absence will result in no credit being awarded. I also understand that my child will receive a grade for this course, which will be averaged with the personal fitness portion and placed on their permanent transcript upon completion and approval.

I am also aware that if my child participates, they must also be able to document 30 hours of athletic activity in a school-sponsored activity prior to the first day of school and must submit documentation (see attached) no later than August 2nd, 2022. Completion of 30 athletic hours as authorized by a certified Barrow County School System coach, band director, or PE instructor will result in the grade of 100, or an A, for personal fitness portion. The health grade and personal fitness grade are averaged and the final grade recorded on the student's permanent transcript upon approval by the high school counseling department.

Those school-sponsored sports approved for credit are: Baseball, Basketball, Cheerleading, CrossCountry, Football, Golf, Gymnastics, Soccer, Softball, Tennis, Track, Volleyball, Wrestling, and Marching Band.

Documented hours are those hours participated in the school sponsored sport or activity directly supervised by the certified Barrow County School System coach, band director, or PE instructor.

**Students may also meet the personal fitness requirement by participating in 30 hours of instruction on the following dates:  
June 13-16, 8:00 - 12:00 AND June 20-23, 8:00-12:00**

I understand that my child is committed to participating in the personal fitness portion of health/personal fitness during the summer. In order to receive credit, I understand that my child must be present each day from 8:00a.m. – 12:00 p.m. Any absence will result in no credit being awarded.

Credit will be issued for personal fitness/health once both the health class requirements and the hour requirement (attached form) have been completed and approved by the Counseling Department.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_  
Counselor's Signature \_\_\_\_\_ Date \_\_\_\_\_  
\$55.00 Fee Paid \_\_\_\_\_

## Health/Personal Fitness Course Physical Activity Documentation

### 30 Hour Requirement for Personal Fitness Portion

This form must be completed and maintained by the student and the supervising Barrow County coach, band director, or PE instructor must sign off on all hours under their direct supervision. Upon completion of 30 hours, please submit to the Counseling Office. **The last date for form submissions is August 2nd, 2022.**

Student Name \_\_\_\_\_ Student Signature \_\_\_\_\_

[illegible]

## AHS - Summer Health/PE - Summer 2022

Please scan QR Code to be taken to the My School Bucks page to pay the \$55 fee. You may also follow the link below to pay on My School Bucks.



[https://www.myschoolbucks.com/ver2/prdembd?ref=ZZI644J1WD04DCM\\_ZZ5T25WULWMOL1A](https://www.myschoolbucks.com/ver2/prdembd?ref=ZZI644J1WD04DCM_ZZ5T25WULWMOL1A)

Please join our

**AHS 2022 Summer Health & PE**

class on the Remind app! Please use the following code to search for the class on the app.

**@22healthpe**

You may also text this code to the number  
**81010**