

Welcome to Sophomore Swim!

As expected, the young women of our school may experience their menstrual cycle during the course of this class. The following guidelines may be helpful in addressing missed classes due to menses and and makeup opportunities.

Some young women may choose to use feminine products that allow them to swim. In cases where this is not possible, the following information applies:

- A. All students are responsible to dress every day for physical education. Students are responsible for having appropriate physical education clothing available in case they are unable to swim (shorts, shirt, and athletic shoes). All physical education students who do not dress have a letter grade deducted from their unit grade (10%). Points for “no dress” cannot be made up.
- B. Young women who are not able to swim are expected to follow typical class procedure:
 - a. Be on time and dressed for the alternative activity
 - b. Participate in the opening instructional activity and deck warm-ups
 - c. Participate in alternate assignment while others swim
- C. The student will receive a participation grade for a make-up activity, which may include riding the stationary bike or other pool-balcony exercises to be determined by the teacher.
- D. The student will still be responsible for the swimming skills and unit material covered in class. Skill tests and other graded academic assignments will need to be made up by the student within two weeks.

Sincerely,

Tanya Schmidt, RN, IL-CSN
NVHS Certified School Nurse