

S T . A N D R E W ' S A C A D E M Y

3814 Hwy A-13 • Lake Almanor, CA 96137 • 530/596-3343  
standrewsacademy.org

P.E. Requirements

P.E. at St. Andrew's is on an independent study basis, with occasional Outings Club (group P.E. events) planned throughout the year that also count towards the P.E. grade. Forms for independent study P.E. can be found in a folder on the wall in the room with the student storage cubbies. Forms are due Thursday of each week. Please make sure that the forms have names, date due (W/E means "week ending") and are signed by a parent. No credit will be given to forms missing a name, date, parent signature or that are turned in late.

P.E. is also required during Christmas and Easter breaks. This encourages our students to continue a healthy, active lifestyle. Please remember to take extra slips home for those holiday weeks.

P. E. Requirements for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Forms

First and Second form:

30 minutes of aerobic activity three times per week (play outside!)

Third Form:

Warm up and stretch 5 minutes (total time; split the warm up and stretch), 30 minutes of aerobic activity, stretch and cool down 5 minutes; three times per week.

P. E. Requirements for Middle School and High School

Warm up and stretch 5 minutes (total time; split the warm up and stretch), 30 minutes of aerobic activity, stretch and cool down 5 minutes; three times per week.

Aerobic activity= vigorous, physical activity. Many activities qualify; running, biking, jogging, soccer, basketball, swimming – even at-home chores like shoveling snow and splitting and stacking firewood. The point is to get the students out doing something physical and getting the heart rate up. If you have any questions, please call the office and ask!

## **PERSECUTED CHURCH PROJECT**

St. Andrew's has a tradition of remembering the persecuted Church around the world weekly, by assigning students a week in which they pray for a specific country or specific situation.

- A schedule will come out with each student's assigned week listed on it.
- The student will find an article about recent persecution, and summarize the information into a sentence or two, three at the most, to present after chapel Monday morning.
- On Thursday before their assigned Monday, a student should bring the article and the summary to the teacher coordinating the project. This teacher will approve it if it has not been covered already by another student and is sufficiently current, and if the summary is short enough and also has enough information.
- Monday in chapel, the student should pray for that person or incident, and the rest of the week. After chapel, he or she will present it to the school to inform them whom we are praying for.

Below are listed websites which have been helpful in the past. Publications such as World magazine and Touchstone often have articles as well.

<http://www.persecution.com.au/default.asp>

<http://www.christianitytoday.com/ct/features/index/hotissues/persecution/>

<http://www.bibleleague.org/persecuted/index.php>

<http://www.persecutedchurch.org/>

Dear Parents:

For clarity's sake and for safety's sake, we want you to be aware of the playground/parking lot policy here at St. Andrew's Academy. We ask that you walk your child from and to your car when you drop him off and pick him up.

Speaking of playgrounds...we need some help supervising the playground during lunch. If you are available to be at the school and supervise students during the lunch time, please sign up in the office. Teachers and staff need a little bit of a break from such roles, so any help would be greatly appreciated.

Thank you very much!

Father Brian Foos+

Playground Policy:

Students are generally not to be outside without Staff or Parent supervision. At breaks and lunch, students can be on the covered sidewalk in front of the school and on the deck. With supervision on the playground, they can be on the playground, but must not leave the black-top, nor cross the blue boundary line that is the front of the parking.

Students are allowed to play on the grass, but must stay on the grass. Students never leave these areas--not for catching a ball, not for retrieving a ball. Staff will take care of lost balls, or instruct a student to do so (if it is a safe situation).

Students should never be in the parking lot except for coming to and leaving school. Parents are to help supervise their children when picking them up for school. The danger is too great for students to walk towards the family car and then not pay attention and be in danger. Students should stay within the policy boundaries until the student's parent takes him to the car.

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