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Dear FRCS Families-

As we begin our days in the brand new facility there is a sense of excitement in the air. One of the elements I am most excited for is our brand new Gymnasium. Here at FRCS we are very proud of our Physical Education program. Our curriculum is fully aligned to the NASPE frameworks, our students participate and are awarded in the President's Challenge and we have been recognized by the State with a Gold Level Wellness Award. Now we have a state of the art gymnasium and fitness center to complete our great program.

This letter outlines the existing procedures relevant to Physical Education classes at FRCS. As always students are encouraged to dress for Physical Education on those days when their class meets. The dress code for PE is as follows, per the Student Handbook.

**Physical Education Dress Code**

- shorts/sweatpants/wind pants in Navy, White or Tan
- solid color t-shirt in Navy, White or Tan
- Sneakers must be worn in gym to participate in gym class

Students will receive full credit for the day's preparation mark if they are dressed as described above. With the new facility, students in grades 6-12 will be given the option to change for PE. Should your child prefer not to dress for PE for the entire school day, they will be provided time to change for class and then change back into their school day attire at the end of class.

Students will have access to a gym locker in the new changing rooms during class time, but should provide their own lock. All bags and backpacks should be left in the locker room and not brought into the gymnasium, even if your child is not changing. Only students wearing sneakers will be allowed to participate in PE; students wearing street shoes will be asked to sit out for the period and will not receive full credit for the day's participation mark.

There is no food or drink allowed in the Gymnasium, but there is immediate access to a water fountain.

Please feel free to contact me with any questions or concerns. Thank you and best wishes to you in the New Year,

E. Maggie Moore

Instructional Leader – Integrated Arts  
Foxborough Regional Charter School  
131 Central St, Foxboro, MA  
508-543-2508 ext. 255