

SHS Marching Black Knights

April 16th, 2021
Spring Newsletter

Stoughton Public Schools
Fine Arts Department

Dear Marching Black Knights,

Are you ready to begin our *first-ever* spring marching band camp next week? I know I am!! Please read the information below for some very important details as we prepare for this unique and exciting spring marching season! - *Mr. Mange*

--IMPORTANT PAPERWORK--

To participate in Marching Band and Color Guard, there are several requirements that need to be met. Below are the steps necessary to comply with all state, district and school policies.

STEP # 1 - PHYSICAL EXAMINATION

You are required to have a current physical examination on file with the school district in order to participate in marching band and color guard. Students who do not have a physical on file have already been contacted by Mrs. Parrin. It is extremely important that you update your physical with the nurse **before** the beginning of the season. If you do not have an up-to-date physical on file, you may not participate in marching band or color guard.

STEP # 2 - PRE-PARTICIPATION FORM AND MEDICAL FORM

Each student and one parent/guardian must show proof of completion of a head injury safety training program. You can fulfill this requirement by reading and reviewing the Parent Concussion Facts and Concussion Policy sheet. Both sheets are attached to the email along with this newsletter and can also be found at www.stoughtonbands.org.

After reading the concussion education materials, please fill out the SHS Head Injury Pre-Participation Form. There are two pages to the form. Both pages need to be signed by the student and a parent/guardian.

Finally, complete and sign the Marching Band Medical Form.

STEP # 3 - SUBMISSION OF REQUIRED MATERIALS

Did you get all of that? Here's a quick checklist to make sure you didn't miss a step:

- Physical Exam**
- Pre-Participation Form** (both pages signed)
- Marching Band Medical Form**

We will accept all completed Medical Forms and concussion Pre-Participation Form on the first day of Band Camp (this coming Wednesday, April 21st).

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--COVID-19 PRECAUTIONS--

It's extremely important that we keep everyone safe at all times. Anytime the marching band meets, students need to follow these polices and expectations in order to effectively mitigate the risk of infection:

- If you are not playing a wind instrument or taking a mask break, keep your mask on over your nose and mouth.
- If playing a wind instrument, maintain a distance of 10 feet from all other individuals.
- At all other times, maintain a distance of 6 feet from all other individuals. This includes water/snack breaks.
- If you have a pending Covid-19 test, you may not come to band.
- If you have any **one** of the following symptoms, you should report them to the school nurse **immediately** and not come to rehearsal (or school):
 - Cough (new)
 - Shortness of breath or difficulty breathing
 - New loss of taste or smell
 - Fever or chills
- If you have any **two** of the following symptoms, you should report them to the school nurse **immediately** and not come to rehearsal (or school):
 - Muscle or body aches
 - Headaches
 - Sore throat
 - Fatigue
 - Congestion or runny nose (new)
 - Nausea or vomiting
 - Diarrhea

--FIRST DAY OF BAND CAMP--

When you arrive at SHS on Wednesday, April 21st at 12:00pm, please come in through the **event/bus entrance** (C1/C2/C3) doors and head towards the auditorium. We'll have a table set up to collect paperwork and hand out most of the music for our Beyoncé show!

Bring these items with you in order to have the best Band Camp experience possible:

- Water bottle
- Sunblock and sunglasses
- Bug spray
- A sweatshirt or other warm layer to put on in case it gets cold
- Your instrument, mouthpiece, and any other accessories you need (valve oil, reeds, etc.)
- Comfortable closed-toe shoes, not sandals and **ESPECIALLY NOT FLIP FLOPS**
- Energy, Excitement, and Enthusiasm!

It is important to three healthy meals each day of Band Camp, *especially breakfast*. Make sure you get plenty of sleep each night as well! Take care of yourself every single day so that you are always putting your **best foot forward!**