



## SCBC Health and Physical Education Practical Policy

### General Guidelines

1. When stipulated in table below students are to proceed to the change rooms and change into PE uniform, then wait outside the PE Office for their teacher, or another location specified by their teacher at the start of class.
2. Students are to wear their Formal College Uniform to and from school every day. The circumstances where this does not apply are Inter-house or Interschool carnivals where specific permission has been granted by the Head of HPE, before school training, or where students that have PE in period 5 and 6 and are correctly dressed in the SCBC Sport Uniform. Students that have incorrect Sports uniform will be required to change back into the Formal College Uniform before going home. Students who are not wearing the correct uniform at any stage of the school day will be in breach of the College Uniform Policy.
3. It is the students' responsibility to bring a water bottle to all PE lessons to ensure adequate hydration.
4. Storerooms and equipment containers are out of bounds unless under teacher direction.
5. Aerosol deodorants and body sprays are not to be used on college grounds or school busses. Such sprays compromise the health of asthmatics and will be confiscated.
6. All students must use a Navy SCBC sports bag for their clothes and shoes.
7. After class, students are to wait outside the change rooms until they have been given permission to leave by their teacher.

### Physical Education and Outdoor Education Changing Plan

Students are to change into their uniform at the start of their lesson and out of their PE uniform at the next major break. Students with a practical session in Periods 1 are to come to school in their formal uniform.

### Physical Education and Outdoor Education Changing Plan

Session	Change into PE uniform	Change out of PE uniform
1	Start of session 1	Recess
2	Start of session 2	Recess
3	Start of session 3	Lunch (by 1.15)
4	Start of session 4	Lunch (by 1.15)
5	End of lunch	Go home in uniform
6	Start of session 6	Go home in uniform

Please note: Students must arrive to form full school uniform on time.

### Uniform

College polo shirt, college sport shorts, college sport socks and appropriate sport shoes (canvas shoes are not permitted). College hats or caps must be worn in Term 1 and 4. College tracksuits may be worn in the winter months and for interschool sport. Students representing SCBC in the interschool swimming team are required to wear plain black or navy blue racing bathers. Blue College sports bags are available from the uniform shop. Non-College sports bags are not acceptable. Students are not permitted to wear their blue formal school jumper over the sport uniform.

Representative Sport: specific uniforms: as per instruction from the Director of Sport. Students in sporting teams are required to wear correct team attire.

Healthy Practices and Sun Protection: a water bottle, sunscreen, sunglasses, mouth guard and any other protective equipment are recommended. For health reasons students should refrain from sharing water bottles.

Please note: Students may not wear the PE uniform to school in the morning unless specified in the event of carnivals or excursions. In the case where a student has PE for the final lesson of the day, they are permitted to go home without changing if in correct College Sports Uniform.

### Sick or injured students

Sick or injured students should, if possible, provide the College with a medical certificate or notice of nature of the injury or illness, the expected time frame for recovery and the physical limits of the student during this time. Students may be able to participate in modified activities when injured or sick and should change into PE gear as per normal, unless a medical professional has advised no movement at all. In these situations students may be given a duty to help the class, a theory activity to complete or other activities as deemed appropriate.

*"If you can't participate in physical activities, it is vital that you bring a note from your parent. You should present this note to your PE teacher when the class commences. You will still attend PE class and will likely be asked to contribute in some form, but will sit out of physical activities."*

Electronic notification before the lesson is preferred over a note on the day. Parents may email their child's PE teacher BEFORE the PE lesson to notify of illness or injury. This allows for electronic storage of the notice as well as forward notice for planning purposes. Doctor's certificates can be scanned and attached to emails to allow for easy communication between home and school.

Ongoing, long term illness or injury will need to be discussed with the Year Manager and PE teacher in order to make appropriate arrangements.

### Sun Smart Policy

The wearing of College hats is compulsory for sports and PE in Term 1 and 4. It is strongly recommended that students wear hats in terms 2 and 3 also. PE staff will provide sunscreen at the start of each lesson. Sport uniform items are sun protective e.g. shirts with collars. The use of regular breaks and shade facilities will be maximised in extreme conditions.

### Lesson Attire and Organisation

A student's Physical Education attire and their ability to come to class correctly dressed and on time will contribute to their assessment.

### Bus Transport

Students are required to remain seated at all times on a SCBC or hire bus. Students should not yell or raise their voices above normal speaking levels to avoid distracting the driver. Students are to remain seated and give their immediate attention to the teacher when the bus arrives at its destination. Seatbelts are a fixture in all of the College's buses and in most buses hired externally. Students are to wear the seatbelts at all times when available.

## Extreme Weather Policy

Students timetabled for an outdoor activity will continue to participate during rain, cold and hot conditions. Teachers will use their discretion to bring students under cover or change the planned activity if conditions become unacceptable for outdoor participation. Students are encouraged to bring a towel with them if the forecast predicts rain.

Provided students are suitably active, their body temperatures will ensure adequate protection against the cold. As detailed previously, students are required to bring water bottles and hats in hot weather.

## Valuables and Monies

Valuables and monies are the student's responsibility. Students are NOT to leave any of their valuables or property in the change rooms. Students can give valuables to PE staff at the beginning of their PE lesson. Please ensure that all parts of students' uniforms are labelled clearly with their name to assist with the return of lost items.

## Student Participation Requirements / Notes

Students are required to participate in all PE lessons. A minimum of 80% participation is required for PE studies courses and is recommended for successful progress in all PE programs.

In the event that the student may not be able to participate, a note must be written and signed by the parent / guardian and submitted by the student to the teacher at the START of the PE lesson or emailed prior to the lesson. Any unchanged student will be required to complete book work or another activity as assigned by their teacher. If the student is physically able, they may be required to assist the teacher throughout the PE lesson.

The following situations represent a valid reason to write a note:

- Illness – if the student is unwell, the nature of this illness must be indicated on the note
- Injury – if the student is injured, the specific nature of this injury must be indicated on the note along with the extent to which it may affect the student's participation
- If the student will be inhibited for an extended period of time (e.g., more than two lessons), a doctor's certificate must be provided
- In the event of a girls' menstrual period, we understand that in some cases it may not be appropriate for them to participate (e.g., some swimming lessons). However, students are encouraged to use the sanitary options that are available and highly suitable for all types of activities. Our hope is that this would not be used as a regular excuse for non - participation.
- When the sports uniform has gone missing (see final dot point following).

The following notes will NOT be accepted:

- Notes with unclear reasons for not participating.
- Notes that are not written and signed by the parent / guardian. Forged notes (written by students) will be dealt with as a serious disciplinary matter.
- Notes presented after the sports lesson concerned. Students should report to their teacher with their note at the start of the lesson.
- Notes regarding concerns about weather conditions. Teachers will use their discretion when it is hot, wet or stormy.
- Notes indicating that the student's sports uniform is unavailable (e.g., "in the wash"). If the uniform is unavailable or lost, please bring an alternative sports uniform (blue top, dark shorts and sports shoes) accompanied by a note of explanation. We would encourage students to be organised and ensure their uniform is washed and ready for PE days.

Please note that it is not our intention to question the validity of a note. By clearly stating the reason, this will eliminate doubts and promote a highly trusting, fair environment. The Physical Education teacher will record any lack of uniform. If there are repeat occurrences, staff will contact parents/guardians. Following discussion, and strategies being agreed between parents/teacher/Curriculum Manager, any further difficulties may lead to Discipline action being taken.

### Discipline Code - Unchanged

Teachers will record unchanged or incorrect uniform throughout the term. This will affect the organisation component of each student's assessment. Due to the highly practical nature of this course, any student without their uniform will be issued a step, unless a valid parent note is provided to the teacher before the class begins. Students in incorrect uniform will be issued a step, unless a valid parent note is provided to the teacher before the class begins.

Thankyou in advance for your support and co-operation. Should you have any questions or queries feel free to contact me by email [phoebec@scbc.wa.edu.au](mailto:phoebec@scbc.wa.edu.au) or phone 9540 4471.



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