



SCBC Health and Physical Education Practical Policy 2021

General Guidelines

1. Students are to change into the SCBC Sports Uniform at the beginning on their PE session and back into their Formal College Uniform at the end of the lesson.
2. Changerooms will be unlocked for students to change and then locked immediately after.
3. Students have 6 minutes to change at the start and end of each PE lesson.
4. After class, students are to wait outside the change rooms until they have been given permission to leave by their teacher.
5. Students are to wear their Formal College Uniform to and from school every day. The circumstances where this does not apply are Interhouse 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 6 are correctly dressed in the SCBC Sports Uniform.
6. Students who have the incorrect SCBC Sports Uniform in Period 6 will be required to change back into the Formal College Uniform before going home.
7. All students must use a Navy SCBC sports bag for their clothes and shoes. Please label these items so that lost property can be quickly returned to its owner.
8. **Students in incorrect uniform will be issued a step, unless a valid parent note or email is provided to the teacher before the class begins.**
9. It is the students' responsibility to bring a water bottle to all PE lessons to ensure adequate hydration.
10. Storerooms and equipment containers are out of bounds unless under teacher direction.
11. Aerosol deodorants and body sprays are not to be used on College grounds or school buses. Such sprays compromise the health of asthmatics and will be confiscated.

SCBC Sports Uniform

College sport polo shirt, sport shorts, 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 the SCBC racing bathers. Blue College sports bags are available from the Uniform Shop (non-College sports bags are not permitted). Students are not to wear their blue formal school jumper over the Sports Uniform.

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

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

Please note: Students are not permitted to wear the PE uniform to school in the morning unless specified. 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 the 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."

Parents may email their child's PE teacher BEFORE the PE lesson to notify of illness or injury. An email notification is preferred over a note on the day, although notes are accepted. 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.

Bus Transport

There may be times where students will travel off campus for PE related curriculum activities in class time. 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 recommended not to leave any of their valuables or property in the change rooms.

Student Participation Requirements/Notes

Students are required to participate in all PE lessons.

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.
- When the SCBC 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 SCBC 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 or in incorrect uniform will be issued a step, unless a valid parent note is provided to the teacher before the class begins.

Thank you in advance for your support and co-operation. Should you have any questions or queries feel free to contact Carly Phoebe, Head of Health & Physical Education, by email phoebec@scbc.wa.edu.au or phone 9540 4471.