



Coonabarabran High School

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PD/H/PE & SPORT AT COONABARABRAN HIGH SCHOOL

Personal Development, Health & Physical Education (PD/H/PE) and Sport is a mandatory subject for all students in Years 7-10.

Years 7, 9 and 10 have five periods per fortnight of which three are practical and two are theory. Year 8 have four periods per fortnight, of which two are practical and two are theory.

Your child/ward will be told by their teacher which lessons each fortnight are practical or theory. Please encourage your child to mark this clearly on their timetable so that they are prepared for all of their PD/H/PE lessons.

For theory lessons, students will not need an exercise book as all work is completed in workbooks that will be supplied, however will require appropriate stationary.

For practical lessons, students will need a change of clothes suitable for physical activity. In Summer this includes:

- * t-shirt, shorts, joggers, hat

In Winter this includes:

- * t-shirt, tracksuit bottom, hat

On colder days students may put their school jumper back over their t-shirt or bring another warmer top.

Sunscreen is always available at the PD/H/PE office.

Students who are not changed, will be given an alternate clean uniform to allow them to participate or they will be given alternate theory work to do and a lunch time detention. If a student frequently has no change of clothes then contact will be made with their parents and they will then commence on Level 2 of the school's discipline procedures. Students need to be changed for practical PE lessons as their normal school uniform is not totally suitable for vigorous physical activity. A change of clothes will also assist with personal hygiene and prevent possible damage to more expensive uniform items.

If your child/ward is not able to have a change of clothes on any given day (eg extended wet weather) please send a note with them explaining the problem. Students who are unable to participate for short-term medical reasons should also bring a note explaining the problem. If your child/ward has an ongoing medical problem they will need to supply a doctor's certificate to gain an exemption.

School Sport

Weekly school sport is also a mandatory component of the curriculum from years 7-12. Students must complete 150 hours per year.

School sport is on Wednesday afternoon. Could you kindly support your child's participation by ensuring that:

- (1) They wear sports uniforms on Wednesday
- (2) Appointments are not made on Wednesday afternoon during sport

(3) In the event that your child does need a leave pass for Wednesday afternoon, a note should be presented to the Deputy Principal before school.

Our school is fortunate to have the use of community facilities for school sport. In the event that students are not respectful of these facilities or do not conduct themselves appropriately whilst walking to and from sport, then they will be allocated a sport at school.

All students have the opportunity to select their chosen sport. If students don't choose a sport then they will be allocated one for the remainder of the term. Any changes to their sport must go through the Sports Coordinator Mrs Tegan Drabarek.

We look forward to your support so that your child/ward can develop their movement skills and engage successfully in physical activity as an important part of their overall health and well-being.

Should you have any queries please do not hesitate to contact the school.

Yours sincerely

Mr C Cousens
HT PD/H/PE TEACHER

Ms M Doolan
RELIEVING PRINCIPAL