



St Agnes Catholic High School

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1st of February 2024

Dear Parents and Carers,

RE: Important Information regarding PDHPE, Sport and Carnivals in 2024

All students at St Agnes Catholic High School participate in the subject of Personal Development, Health and Physical Education. Over the six years at St Agnes, students participate in at least 300 hours of this subject.

Year	Hours
7 and 8	4 (2 for PDH and 2 for PE)
9 and 10	5 (3 for PDH and 2 for PE)

Any students who elected to study Sport, Lifestyle and Recreation in Years 11 and 12, will undertake practical lessons and these will be scheduled periodically according to the unit of study.

Personal Development, Health and Physical Education (PDHPE)

The majority of Personal Development and Health lessons are held within the classroom. All year groups and elective subjects will be using a combination of devices and exercise books in order to take advantage of the school's 1:1 BYOD program. This will involve extensive use of *Google Classroom* and involve resources developed by our teachers, external providers and appropriate materials from the Internet. Sensitive issues such as sexuality are sometimes discussed during these lessons. If you have any queries regarding this material, please do not hesitate to contact the Leader of Learning (PDHPE), Miss Belinda Morgan.

Physical Education Lessons

Physical Education is a valuable and necessary activity for all students. In 2022 all students will participate in a variety of activities to enhance their level of skill, fitness and knowledge of various sports. Examples include athletics, gymnastics, dance, aquatics and fitness testing and development.

Students may wear their sports uniform to school on the day allocated to both integrated sport and PDHPE practical lessons (and PASS practicals if chosen) for their year group.

If for any reason a student cannot attend lessons in the correct uniform, a letter of explanation, from a parent or caregiver, needs to be presented to the PDHPE teacher prior to the lesson. The student must wear his/her full school uniform to school but a change of clothes other than the school uniform will be permitted in order to participate with the rest of the class if a note is provided. **ALL STUDENTS ARE REQUIRED TO BRING A SCHOOL HAT TO PRACTICAL LESSONS.**

If a child does not wear the correct PE uniform, or an alternate change of clothes (accompanied by an explanation note), then participation in that PE lesson will not be permitted. As a result, the student will be given alternate tasks to complete, and a record will be kept. Continued inability to attend class with the correct equipment may place the student at risk of an afternoon detention and/or a parental interview with the PDHPE Coordinator.

If a child is unable to participate in a PE lesson due to injury or illness, a letter of explanation and a Doctor's Certificate (if applicable) will need to be presented to the PDHPE teacher prior to the lesson and alternative work will be set for this time.

Owing to the limited facilities at *St Agnes Catholic High School*, there is the need to make use of the nearby sporting grounds; Morreau Fields, Cor Brouwer Reserve and at times the M7 cycle path for some PE and elective lessons. As such, students will leave the site and we ask that you complete the Google Consent Form linked below (there is one for each year group). Please complete this online by Sunday 6th February. All students are closely supervised by their PDHPE/elective teacher. Any student who has a form outstanding by this date will be unable to leave the school grounds and alternative work will be issued.

SPORT

In addition to practical PDHPE lessons, Year 7 students will participate in the Integrated Sports program. This program will consist of house competitions in a number of sports, either held at school and/or the Morreau Fields, Cor Brouwer Reserve, at times the M7 cycle path. There will also be an offsite activity at Aqua Golf, Penrith and AMF, Rooty Hill RSL. Travel to and from this venue will be via bus.

Carnivals

Swimming Carnival – 26th of February 2024 at Mt Druitt Pool

The Swimming Carnival is a **whole school event** where all staff and students will attend. Students are to make their own way to and from the pool, however if needed, there will be one bus for those students who need transport to and from the venue. If transport is needed for your child, please circle the correct box at the bottom of this form.

Cross Country – Date TBD at Morreau Reserve

The Cross Country Carnival is a **competitor only carnival** where students who are participating in races are to attend the event. Students will be escorted by teachers to and from Morreau Reserve for the carnival. All students who are not competing will remain at school and have classes as normal.

Athletics Carnival – 20th of May 2024 at Blacktown International Sports Park

The athletics carnival is a **whole school event** where all staff and students will attend the event. Attendance at the Athletics carnival is compulsory and an important aspect of school life. Students are to make their own way to the venue by 8am and will be dismissed at 2.25 pm.

Sports Gala days and Representative Activities

In 2023 there are many gala days that our school participates in. These gala days give the students a chance to represent our school against other schools in team and individual sports in the Parramatta and Sydney region. All these representative days are off site and will either be transported by bus or to make their own way to the event. A letter will be given to the students before the event to clarify all the details for the day.

Our PDSSSC (Parramatta Diocese Secondary Sports Council) representatives will play on Thursday afternoons. Most of these sports require the students to arrive back at school after the school bell, with the latest time being 3:30pm. If your child is selected, but is unable to meet this commitment, they will not be able to participate.

If you have any further queries regarding your child's involvement in the subject of PDHPE or SPORT, please do not hesitate to contact Belinda Morgan (Leader of Learning) or Luke Dempsey (Sport Leader) at the school.

Yours sincerely,

Jeanette Holland
Principal

Belinda Morgan
Leader of Learning PDHPE

