Dear Parent/Guardian and Student

The Physical and Health Education Staff welcome you to the commencement of the school year. We trust that we may produce a good working relationship between staff, parents and students. As well as participating in school lessons we encourage students to represent the school in a wide range of sports in Champion Schools Competition. Leeming students and staff have built a very sound and respected reputation over the years. At the commencement of the New Year we would like to take this opportunity to outline the requirements and expectations of students in Physical Education classes at Leeming Senior High School.

Requirements

The school’s Physical Education policy outlines that each student shall change into a PE uniform in order to participate in this subject. The uniform policy is for reasons of hygiene, to minimise damage to other school uniforms and ensure a change of clothes if your child gets wet during the winter months while participating in their class. The PE uniform is as follows:

- **Shirt**  
  Leeming SHS Navy Blue/Red Shirt

- **Shorts**  
  Leeming SHS Navy Shorts

- **Shoes**  
  Appropriate lace-up shoes for sport e.g. joggers, cross-trainers

Sanctions for repeatedly being out of PE uniform for Physical Education within each term will be imposed as follows:

- 2\(^{nd}\) occasion of being unchanged (or 3\(^{rd}\) time half changed) = 10 min detention
- 3\(^{rd}\) occasion of being unchanged = 15 min detention
- 4 or more occasions of being unchanged = 15 min yard duty

Teachers in the PE Department encourage the students to accept responsibility for being prepared for class. The students know when their uniform is required and should be encouraged to get it ready and, if necessary, wash it themselves. Students are also encouraged to wear hats and sunscreen in the summer months and to bring along their own water container. Students are also required to change back into their school uniform at the conclusion of PE lessons i.e. PE uniform is only to be worn during PE (and Dance) lessons. Students wearing PE uniform for non PE lessons will be considered out of school uniform and subject to the relevant Student Services sanctions for this.

On some occasions students have worn blue tracksuit pants to Physical Education as well as part of their school uniform. Students may choose to wear navy blue tracksuit pants but this is only an option during term two and three. If tracksuit pants are to be worn to PE and as part of their school uniform then they may be asked to show two pairs of tracksuit pants so they can fulfill their obligation to change into a PE uniform. Physical Education classes will proceed as normal except in the most extreme weather conditions. Please note that students are still required to change into PE uniform on Free Dress Days.
Expectations
Students are expected to come to their PE class and;
- Participate to the best of their ability in the skill activities and games organised
- Their participation should be based on the instructions given
- Students should at no time endanger the welfare and safety of other class members
- Use the change rooms appropriately and in a timely manner

Notes
If your child cannot participate due to injury or illness, a note outlining the situation is required on the day and helps to avoid unnecessary problems at school on the day. If the problem is long term and is due to medical reasons, then a Medical Certificate should also be shown and an estimate of when they can resume PE classes.

If you have any questions, please call me at school on 9310 1300.

*Ric Blaxell - Head of Department - Physical and Health Education*