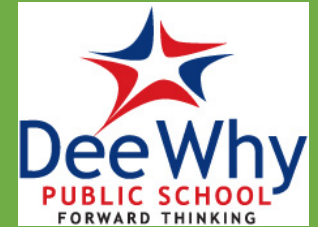




Education

Sport and Physical Activity Policy Implementation Plan

Dee Why Public School



Sport and Physical Activity Policy Implementation Plan (2018)

The Sport and Physical Activity Policy includes requirements for the safe conduct of sport and physical activity occurring as part of a school event which are described in this document. The school Sport and Physical Activity Implementation Plan outlines the major strategies that the school implements to comply with DoE requirements. This includes, but not exclusively;

Rationale

The department and its staff have a duty to take reasonable care for the safety and welfare of themselves and others.

This duty includes assessing and appropriately managing any and all foreseeable risks of an activity.

- risk management and control measures in variations to routine
- local sport procedures
- weekly sport timetables
- parent consent forms
- child protection
- infection control
- injury and disability management
- guidelines for external service providers
- safe use of equipment, and
- excursion booking documentation.

Our Sport and Physical Activity Policy Implementation Plan

This plan meets the requirements for the Sport and Physical Activity Policy (2015) of the NSW Department of Education.

Context

NSW public schools have an obligation to facilitate weekly participation in a minimum of 150 minutes of planned sport and physical activity for their students. Student participation in planned physical activity includes time spent in physical education, sport and other structured physical activities. All principals, teachers and support staff in NSW Government schools must comply with the requirements stated in the Sport and Physical Activity Policy (2015) unless exceptional circumstances arise. Our school has developed procedures for the organisation and management of sport and physical activity, reflecting current local information and circumstances. The policy is informed by evidence based research and supported by the [Sport Safety Guidelines](#).

School Expectations

Principal

The Principal has the responsibility to:

- Lead the development and implementation of a current and locally based Sport and Physical Activity procedures document.
- Ensure that the school meets the mandatory weekly requirements for student participation in sport and physical activity.
- Ensure the safety conditions for specific activities in the [Sport Safety Guidelines](#) are adhered to, whether an activity is taken as part of school sport, physical education, school excursions, or any other occasion where sport and physical activity is planned.
- Review and approve any sport or physical activity that is not specifically covered in the [Sport Safety Guidelines](#).
- Comply with the **Principal Endorsed Activity Procedures** on the Health and Safety website.

- Adhere to any request from a medical practitioner considering a student's participation in sport and physical activity.
- Ensure that appropriate permissions are obtained for students with disabilities and medical conditions prior to participating in sport and physical activity.
- Ensure students with Down's Syndrome do not take part in contact sports, or do forward rolls, diving, trampolining or other activities (including therapy programs) which could potentially injure the neck area, without first having a medical clearance that includes an X-ray.
- Ensure that students who have suffered concussion injuries are cleared by a medical practitioner prior to participating in sport and physical activity.
- Ensure that students who have suffered a suspected concussion injury on the day of participation do not participate in the sport or physical activity.
- Advise parents that in the event of injury, no personal injury insurance cover is provided by the NSW Department of Education for students in relation to school sporting activities, physical education lessons or any other school activity.
- Ensure that safety requirements are met in relation to safe use of equipment (starting guns and caps).
- Comply with fixed lay equipment guidelines ([available on the Asset Management website](#)).
- Ensure portable goal structures are anchored and fitted with padding according to the Specific Sport and Physical Activity Guidelines.
- Develop and implement a student supervision plan for all school sport and other physical activity programs, including weekly sport, integrated sport, outdoor recreation activities, as well as any other school events.
- Assess factors determining the level and type of supervision which needs to be provided during a particular activity, including; travel, number of students, nature and location of the activity, age and maturity of students.

School Executive

The school executive has a responsibility to:

- Ensure reasonable care is taken for the safety and welfare of themselves and others.
- Oversee the generation of a Sentral 'Activity' for all excursions and variations to routine.
- Ensure compliance with specific [Sport and Physical Activity Guidelines](#).
- Ensure that teachers comply with the risk management process undertaken as part of the [Excursions Policy and Procedures](#) for all sport and physical activities programs conducted.
- Ensure teachers who coach teams possess the relevant competencies to safely and effectively manage the proposed activity.
- Ascertain the level of experience and/or expertise, qualifications and training of external providers and ensure all child protection requirements are met, including completing a [Working with Children Check](#).

Teachers

Teachers have a responsibility to:

- Provide all students with the opportunity to participate in a minimum of 150 minutes of sport and physical activity per week.
- Comply with the risk management process undertaken as part of the [Excursions Policy and Procedures](#) for all sport and physical activities programs conducted.
- Attain the required level of competence when managing or coaching a team.
- Comply with the [Protecting and Supporting Children and Young People Policy and Procedures](#) while supervising any type of school activity, including those not on school grounds.
- Only use physical contact if the aim is to develop sport skills or techniques, treat or prevent an injury, or to meet the requirements of the sport.

- Ensure safe infection control procedures when treating a player or student who is bleeding, wearing disposable latex gloves where possible.
- Take overall responsibility for the supervision of students when accompanying an external service provider.
- Comply with the Department's [First Aid Procedures](#) on the Health and Safety website and not allow students to play or continue to play if they are injured or visibly distressed.
- Ensure a well-equipped first aid kit, including an asthma reliever, is readily available at all sport and physical activities conducted on school grounds and at community venues and locations.
- Select students for sports teams on the basis of ability and suitability according to the specific strength and physical requirements of the activity.
- Modify rules appropriately for younger students.
- Ensure appropriate safety equipment is worn as detailed in the [Specific Sport and Physical Activity Guidelines](#).
- Ensure contraindicated exercises or actions are avoided during sport and physical activities.
- Be aware of the requirements of Individual Health Care Plans for students in their care with diabetes, epilepsy, Down's Syndrome and Asthma
- Be responsive to [Asthma is Sport](#) by ensuring reliever medication is handy and immediate assistance provided where the student does not have an individual health care plan.
- Comply with minimum staff to student ratios in the [Specific Sport and Physical Activity Guidelines](#).
- Inform parents or caregivers about the location, cost, mode of travel and supervision arrangements, activities to be undertaken and dismissal times.
- Obtain permission from parents or caregivers for student participation in sport and physical activity.
- Refer to the Excursion Policy and Procedures in relation to

transport and unsupervised activities.

- Obtain parent consent every time a student or group of students change activities.
- Assess a venue before the activity commences to identify potential problems or dangers.
- Assess the dangers associated with extreme weather conditions including high heat and humidity, extreme cold or during electrical storms.
- Comply with the [Sun Safety for Students](#) Guidelines.
- Undertake all mandatory CPR, Anaphylaxis and First Aid in Schools training.

Parents

Parents and carers have a responsibility to:

- Assist schools by providing an accurate and current health care plan for all students with disability, allergy or illness.
- Communicate with staff, procedures for responding to an emergency for any student with a diagnosed condition that may require an emergency response.
- Provide the school with all medication and/or devices (asthma reliever, EpiPen, insulin etc) necessary for their child to participate in sport or physical activity safely.
- Accept duty of care for administering prescribed medication or health care procedures outside of schools hours, where appropriate, to ensure continuity in care.
- Communicate openly, honestly and respectfully with coaches and staff, on and off site. Approach coaches privately to question decisions.
- Communicate issues in a timely manner, including those relating to the physical and emotional well-being of their child.
- Demonstrate good sportsmanship by understanding that the game is for the students, not the parents.

- Conduct themselves in a manner that reflects the well on both the team and the school. Avoid coaching from the stands or sidelines.
- Encourage consistent student attendance at practice and games to prevent injury and build skill.
- Support school programs and the time volunteered by coaches by helping.
- Support healthy lifestyle habits and be a role model to other parents by remaining positive at sporting events.
- Have realistic expectations for their child and his/her team. Never ridicule a student for making a mistake.
- Purchase the correct school sport uniform for their child.

Students

Students have a responsibility to:

- Follow the rules set by the coaches, external providers, school and code of the game.
- Participate enthusiastically and present team reports as required.
- Attend scheduled practice matches and games.
- Set challenges and realistic goals.
- Maintain a positive attitude in inter-school matches.
- Be gracious and dignified in defeat.
- Be committed to skill development in their sport.
- Develop a **team** attitude.
- Display pride in their team and school.
- Accept responsibility as a role model for others.
- Support other sports and underlevel teams.
- Demonstrate good personal health (exercise and eating) habits.
- Deal with challenges in a positive manner.

Procedures and Processes

Staff will undertake the following mandatory training;

- CPR – annually (face to face)
- Recognition and Management of Anaphylaxis– annually (face to face)
- Anyphylaxis e-learning Module
- e-Emergency Care – every 3 years (online)
- Child Protection – annually

Evaluation

The school's Sport and Physical Activity Implementation Plan will be reviewed annually.

Related Polices

1. Student Discipline in Government Schools Policy (2016)
<https://education.nsw.gov.au/policy-library/policies/student-discipline-in-government-schools-policy?refid=285835>
2. Work Health and Safety Policy (2016)
<https://education.nsw.gov.au/policy-library/policies/work-health-and-safety-whs-policy>
3. Disability Discrimination Act (1992)
<https://www.legislation.gov.au/Details/C2014C00013>
4. Working with Children Check Procedures (2017)
https://education.nsw.gov.au/policy-library/associated-documents/WWCC-Procedure_FINAL.pdf
5. Excursion Policy (2018)
<https://education.nsw.gov.au/policy-library/policies/excursions-policy>
6. Child Protection Policy

<https://education.nsw.gov.au/policy-library/policies/child-protection-policy-responding-to-and-reporting-students-at-risk-of-harm>

Additional Information

1. Diabetes NSW
<https://diabetesnsw.com.au/>
2. School Sport Safety Guidelines
<https://app.education.nsw.gov.au/sport/Page/1114>
3. Anaphylaxis
<https://education.nsw.gov.au/inside-the-department/health-and-safety/risk-management/student-safety/anaphylaxis>
3. Epilepsy
<https://education.nsw.gov.au/student-wellbeing/health-and-physical-care/health-care-procedures/conditions/epilepsy>
4. First Aid
<https://education.nsw.gov.au/inside-the-department/health-and-safety/emergency-planning-and-incident-response/first-aid>
5. Allergy and Anaphylaxis Management within the Curriculum (2014)
<https://education.nsw.gov.au/student-wellbeing/health-and-physical-care/media/documents/anaphylaxis-procedures/anacurric.pdf>
6. Sun Safety
<https://education.nsw.gov.au/student-wellbeing/health-and-physical-care/sun-safety>

School Contact Information

Address: Regent St, Dee Why, NSW 2099
Phone: 9948 2225
Fax: 9949 7241
Email: deewhyp.school@det.nsw.edu.au
Website: www.deewhy-p.schools.nsw.edu.au

Example of PSSA permission note



Dee Why Public School

DEE WHY PUBLIC SCHOOL

REGENT STREET

DEE WHY, N.S.W., 2099

TEL: 9971 8635

FAX: 9971 5516

EMAIL: deewhyp.school@det.nsw.edu.au

WEBPAGE: DEEWHY-P.SCHOOLS.NSW.EDU.AU

PSSA SUMMER SPORT 2018

Thursday 8th February 2018

Dear Parents / Caregivers,

PSSA Summer Sport will begin on Friday 23 February, 2018 (Week 2 – Term 4). **Summer sport runs for 4 weeks in Term 1 and 6 weeks in term 4.** Your child has been selected to play in the Junior or Senior Boys' Eagle-Tag Team. We will be leaving school at 12.15pm each Friday to travel by bus to the sport's fields and return to school by bus at 2:45pm.

Each child will need to wear their sport shirt (supplied by the school), a pair of shorts (blue if possible), red and blue long socks (order through P&C), and soccer/football boots (sneakers are fine).

The cost of transport for Terms 1 & 4 PSSA Summer sport can be paid in two instalments. The total cost will be \$100, with the first instalment being \$50. This covers all transport and 10 weeks of competitive games.

Please complete the permission note below and send the note to the office with the full payment or the first instalment by **Thursday 15 February 2018** (week 3 – Term 1).

PSSA Sport is a commitment to a team for the duration of the season, to both the Friday games and the training sessions. **Training will be held before school on TBA at 8am on the grass court.** We would appreciate your support in these areas.

Spectators are welcome so please come along to cheer on our team.

Thanking you,

Nick Pye
Coordinator

John Wyllie
Coordinator

Mark Chaffer
Principal

X-----

PSSA SPORT 2018

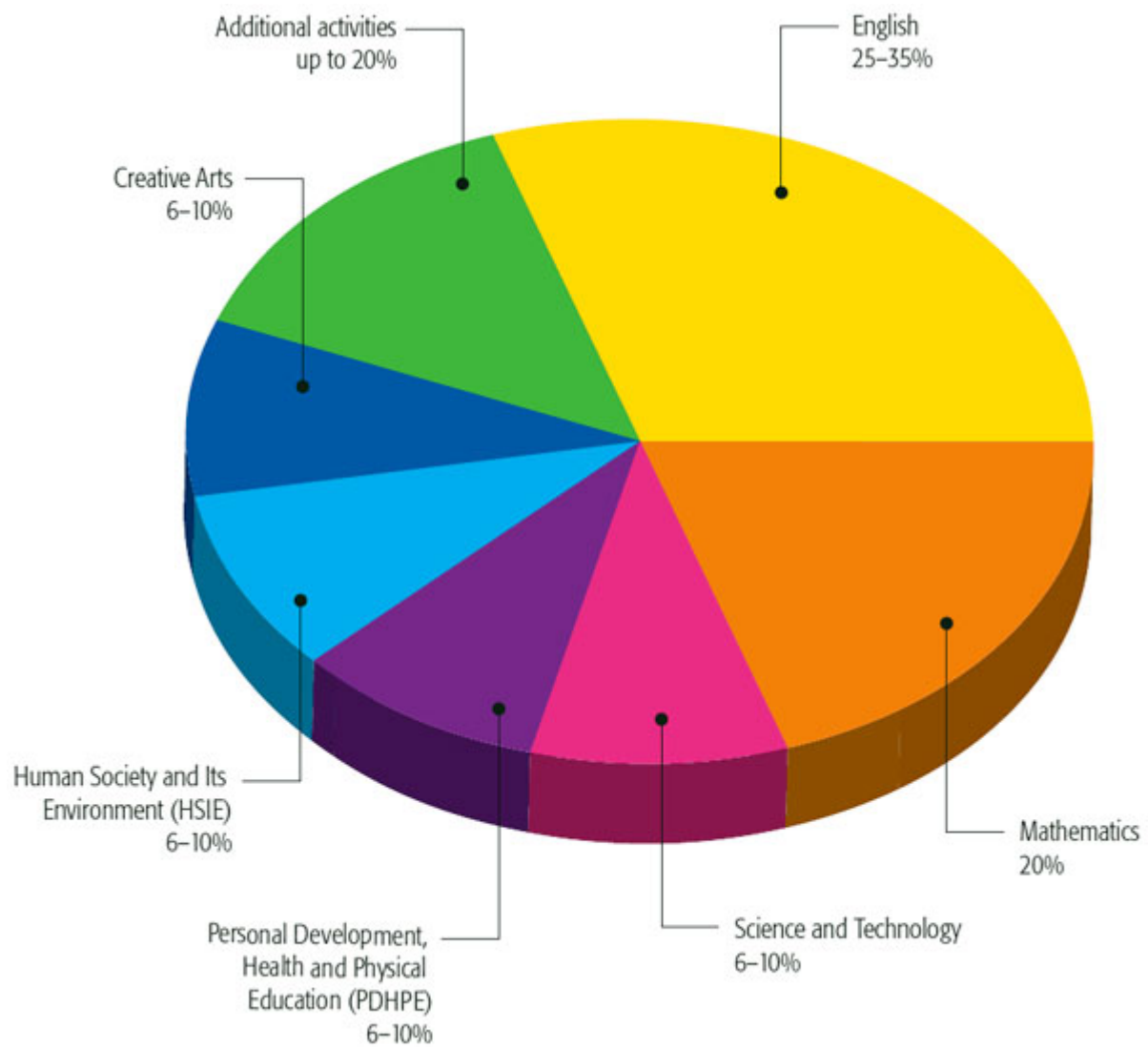
I hereby give permission for my child _____ of class _____ to travel by bus to PSSA sport each Friday and then return to school. Special needs (allergies or medication requirements) of my child are: _____.

I have enclosed the full payment of \$100 or the first installment of \$50. (Please circle your payment).

Signature of parent/caregiver: _____ Date: _____

This permission note must be returned for your child to be permitted to attend the above sporting activity.

Time Allocation for Key Learning Areas



Sport Report



New for 2017

Dee Why Public School Sports Uniform
Available Now from the Uniform Shop



Sports Polo - \$24



Sports Cap - \$12



Sports Shorts - \$15



Live Life Well @ School
A joint initiative between the NSW Ministry of Health and NSW Department of Education

FUNDAMENTAL MOVEMENT SKILLS

There are 12 key skills children need to participate successfully in all types of games, physical activity and sports. Here is one: **OVERARM THROW**

1. Look at your target
2. Point to the target with non-throwing arm
3. Stand side-on
4. Move throwing arm in a downward & backward arc (draw a smiley face)
5. Step forward towards target with foot opposite to throwing arm (step over the creek) and throw.
6. Throwing arm follows through, down and across the body.

Demonstration: Search 'Get Active Throw' on Youtube

Health Northern Sydney Local Health District

Live Life Well @ School
A joint initiative between the NSW Ministry of Health and NSW Department of Education

HEALTHY SCHOOL CANTEENS

A new NSW Healthy School Canteen Strategy means canteens will be making healthy changes.

- **EVERYDAY** and **OCCASIONAL** food and drink categories will replace the traffic light system of green, amber and red food and drinks.
- All **OCCASIONAL** foods must have a **Health Star Rating** of 3.5 stars and above. No **EVERYDAY** foods.
- **Portion size limits** will be set for a few **EVERYDAY** foods and drinks, and ALL **OCCASIONAL** food and drinks.
- Sugary drinks continue to **NOT BE SOLD** in NSW school canteens or vending machines.

Information: www.healthy-kids.com.au

Health Northern Sydney Local Health District

Live Life Well @ School
A joint initiative between the NSW Ministry of Health and NSW Department of Education

Tips to get kids eating healthier foods

- Offer new foods one at a time. Remember that children may need to try a new food 10 or more times before they accept it!
- Involve your child in food preparation
- Cook foods in these ways: baked, boiled, steamed, etc.
- Add vegetables at meal and snack times.
- Try different ways of preparing a food!!
- Cut vegetables into faces or fun shapes.

Health Northern Sydney Local Health District



Office of Sport

SHARE TO:

Fact sheet: Active Kids Rebate program

What is the Active Kids Rebate program?

The NSW Government will provide a rebate through a voucher system to parents/guardians of school enrolled children. The \$100 voucher can be used for registration and participation costs for sport and fitness activities.

The initiative will reduce the barriers to participation and help change the physical activity behaviours of children and young people in NSW.

The majority of children and adolescents in NSW are not meeting the daily recommended levels of physical activity. In 2015, more than 1 in 5 children in NSW was overweight or obese.

Who is eligible to claim the voucher?

Every family in NSW with a child enrolled in school from Kindergarten to year 12 will be eligible for the Active Kids Rebate.

It will not be means tested and one voucher will be available for every child in the family annually over the next four years.

There will be no limits on the number of applications per family, as long as every child is enrolled in school.

Minutes from Meetings