



Coonabarabran High School

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PD/H/PE AT COONABARABRAN HIGH SCHOOL

Personal Development, Health & Physical Education (PD/H/PE) 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 need an exercise book or an appropriate section in their folder.

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 cannot participate in practical lessons. 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.

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.

Yours sincerely

Mr Joe Ramage
PD/H/PE TEACHER

Mr Graham Enks
DEPUTY PRINCIPAL