



PDHPE & SPORT

Information Letter

27th January 2021

Sports Carnivals and Events

The following table outlines information for Bellfield College sporting events in 2021. It also doubles up as a consent form for participating in the schools PDHPE program. The reason we have given parents one permission note is to save paper, cut down on parent's time signing notes and to reduce work for our school administrative staff.

Further information will be distributed a week before all events. This will include age group information, dress standards, sun safety, lunch, gear to bring, canteen facilities, wet weather options, further venue information and items students should not bring on the day.

EVENT	DATE	TIMES	VENUE	DRESS STANDARD	TRANSPORT
Swimming Carnival	4 March 2021	8.30am – 3.30pm	Bradbury Pools	Sports uniform, swimming gear, house colours, hat, sunscreen	Bus from School
Athletics Carnival	2 August 2021	8.30am – 3.30pm	Sydney Olympic Park	Sports uniform, hat, sunscreen, running shoes	Bus from School
Cross Country Carnival	TBA	8.30am – 1.00pm	Bellfield College	School sports uniform, sneakers, hat and sunscreen.	N/A
Sport days	Every Wednesday and Friday afternoon	Period 5 & 6	Bellfield College, Burns Outdoor obstacle course, Penrith Rock Climbing, Carnes Hill Recreational Centre, Flip Out Smeaton Grange, 10 Pin Bowling Macarthur	School sports uniform, sneakers, hat and sunscreen.	N/A

SPORTS AFTERNOON:

Sports afternoon provides the students with an opportunity to further express their interests and develop skills across various options within the College. At times, students may travel for this. The College has organized busses to and from school. Any travel will be communicated directly to those students and parents with a note prior to the event.

The sports programs throughout the year are as follows: Note: subject to change due to any unforeseen circumstances. If change occurs, parents will be notified. (this is for all students in years 7-10):

Summer Sport Term 1 & 4		Winter Sport Term 2 & 3	
Sport	Venue	Sport	Venue
Softball, volleyball, touch footy	Bellfield College	Soccer, Oz-tag, Netball, European handball	Bellfield College
Flip Out	1/13 Dunn Road, Anderson Rd, Smeaton Grange NSW 2567	Rock Climbing	Unit 3/16 Borec Rd, Penrith NSW 2750
Basketball	2 Margaret Dawson Dr, Carnes Hill NSW 2171	10 Pin Bowling	11 Hollylea Rd, Leumeah NSW 2560

PDHPE Guidelines and Information

PDHPE consists of a combination of practical and theory lessons. The theory classes have a room specified on your timetable.

A. Practical Requirements

The PE uniform consists of:

- BC sport shirt; Sports shoes (students must not use their school shoes for PE); White sports socks; BC hat; BC track pants (winter); BC track top (winter); girls are not permitted to wear tights for any reason.

1. Uniform Policy

- Students must come to school on sport days and practical PDHPE lessons. Students with only partial or no practical uniform will be given theory work or community service work to do. They will also be required to attend the lunchtime uniform detention.
- Students who are temporarily without their uniform (in the wash, lost, etc.) are to bring an appropriate substitute for their uniform with a note from home.
- During PE practical classes, students will receive ONE warning for not having the correct uniform. The next time, parents will receive a phone call to notify them of this and the student will also be rewarded with a lunch time detention.

2. Illness or Injury

- Students MUST bring a sick note signed by a parent or caregiver. In most situations the student will still bring their PE uniform and the teacher will let them participate in only those parts of the lesson that are suitable for their condition.
- In rare cases, if a student is unable to participate at all, they will be given written work to do as an alternative. Students who are not participating in practical lessons are not allowed to use a mobile device.
- Students with ongoing or serious medical problems are to bring a doctor's certificate that outlines the types of activities, which may or may not be suitable. This must be given directly to the PE teacher in charge of the class.

4. Water Bottles and Sunscreen

- Students are encouraged to bring a water bottle to class with them. Students will be able to drink water from bubblers if they using a facility nearby. Sunscreen is also encouraged and should be applied prior to the lesson.

B. Theory Requirements

1. Students are required to bring:

- workbook to every PDHPE lesson (practical or theory).
- Stationary such as pens, pencils and a ruler.
- Have access to CANVAS both at school and at home.
- Complete all homework and assessment tasks provided.

2. Additional information

- The NSW Department of Education recognises the need to provide preventative education for students in the area of child protection. The permission of parents is required for their child to participate in the school's Child Protection Program. The program involves students being able to identify and deal with threatening situations, identifying support networks and practicing assertiveness skills. This program is provided within topics mentioned above and during PDHPE lessons.
- During the year all practical PDHPE classes that consist of contact will be split where males and females will play separate.
- At all times, students need to be cautious of being COVID safe and abide by all rules and laws set by the government.

For any further information regarding sport and PDHPE, please feel free to email Mr. Akil or your students respective classroom teacher.

Mr. Akil
Head Teacher PDHPE
Sports Coordinator

Email: hussein.akil@bellfield.nsw.edu.au

Phone: (02) 9606 2666



Acknowledgement of Information

Please get this sheet signed by parent/guardian and return to your PDHPE classroom teacher in acknowledgement of having read and understood the information on the previous page. If you have any questions or problems, please do not hesitate to contact your class teacher.

Please sign both the Bellfield College acknowledgement and also the Flip out waiver.

Student Name _____ Year Group _____

Student signature _____

Parents are signing to give consent for their child:

- to travel to and attend compulsory school sporting carnivals/events.
- to attend all compulsory sporting activities during sports afternoon.

Student signature _____

Parent Name _____

Parent Signature _____ Date _____

If you have any questions, please don't hesitate to contact your child's PDHPE teacher or myself through email or the college phone on (02) 9606 2666.

Mr. Akil

Email: hussein.akil@bellfield.nsw.edu.au

Ph: (02) 9606 2666

****The following sheet is a waiver that allows your students to participate in Flip out. This will also need to be returned to the classroom teacher.***