

**Coláiste Mhuire Co-Ed**  
**PE Policy**  
**May 2020**



**Mission Statement**

*School Mission statement: At Coláiste Mhuire Co-Ed we aspire to develop a caring and inclusive learning community that encourages the potential of each person. The mission is realised through our core values of Respect, Effort, Honesty and Co-operation.*

*Rath as Saothar – Success through effort.*

**Rationale:**

**Coláiste Mhuire considers that PE plays an integral part in the school curriculum. We are committed to providing PE as a short course on the Junior Cycle programme. The following information is important to ensure the smooth running of PE classes.**

**Absence of PE uniform:**

- Note 'NB' (No Books/equipment for class) in diary each time.
- First strike of the year means that the student will not be formally reprimanded, but will still need to help the teacher with setting up the class.
- Teachers will follow the usual code of behaviour if students persistently forget PE uniform
- The pupil must finish at home if not completed in class.
- If there is no suitable classroom to house the student, the student will bring a chair to the PE hall and write in the corner of the hall.
- If the student does not bring their PE clothing more than three times in a semester they are put on detention for 3 days and parents are called.

**Medical Issues:**

- A student must produce a medical certificate if unable to partake in PE classes or aspects of PE. Notes from parents will not suffice for medical issues, particularly if ongoing.

- Where possible, the student will be put in a teachers class to do some revision work but this is not always possible so it is the student and their parents' responsibility to ensure they dress appropriately, bringing a warm jacket to school as they could be sitting in the Dome/outside while their PE class takes place.
- If a student has a medical certificate suspending them from PE, the parent will need to write a note to the teachers in order to partake again once the issue has subsided.
- If a student says that they are injured/sick but does not bring a parental note confirming this, it is then viewed as an 'absence of PE uniform' and so the normal sanctions are used.
- Students with epi-pens, inhalers or any other potentially necessary medical devices should be given to the teacher at the start of the lesson.
- Students may abstain from PE after consultation with one of the school Guidance Counsellors/Student support team who confirms it is necessary.

### **Class behaviour and effort:**

- Regarding effort and behaviour in PE, the same rules and regulations will apply as any other class in Colaiste Mhuire Co-Ed.

### **Changing Room ethics:**

#### **Changing for Games/PE and Swimming**

At second level it is assumed that all students are able to change their own clothes. However, in the rare circumstance where a teacher or SNA needs to help students to change clothing, appropriate steps should be taken to ensure that reasonable protection is afforded to the children and staff members involved. Due regard needs to be given to the potential health, safety and abuse concerns. To that end the Board of Management should ensure that:

- a balance is struck between the child's right to privacy and adequate supervision with due regard to gender issues
- where children need assistance with changing agreement should be reached between parents and staff as to how best those needs can be met
- boundaries will vary depending on age/needs of child and on the physical constraints
- staff should avoid assisting children with anything of a personal nature that the child can do for him/herself
- a report of any incident be made to the principal, parents and Board of Management, as appropriate.

When students attend swimming lessons in Thurles Leisure Centre they are under the adequate supervision of trained leisure centre personnel whilst also having at least one teacher present in the premises.

- All pupils must be 'in the process' of changing whilst in the changing rooms.
- If a pupil is seen to be loitering instead of being 'in the process', a disciplinary action may be taken by the teacher.
- Pupils must change in the provided changing rooms and not the toilets or shower area, unless agreed with the teacher prior to the semester or the individual class.
- In exceptional circumstances where arrangements have been made with the teacher and student, a student may change in the gender neutral or disabled toilets. This will be agreed in conjunction with student support team/guidance/parents.

**Acceptable Uniform:**

- Runners/Trainers (with shoelaces tied), tracksuit bottoms/shorts, round neck t-shirt/jersey to be worn in class. Tracksuit top/jumper/jacket should also be brought for when classes are moved outdoors.
- Jewellery, including neck chains, rings, bracelets, watches and hooped earrings are not permitted in PE classes.

The Board of Management adopted this policy at a meeting on 14/5/20 and the policy is available on the school website.