



COLÁISTE MUIRE CO-ED, THURLES



P.E. POLICY

Policy Area	Schools
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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 Academic Excellence, Respect, Care, Community and Equality.

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. This policy is underpinned by our core value of respect, care, equality, community, and academic excellence.

The following information is important to ensure the smooth running of PE classes.

Absence of PE uniform:

- Students are reminded of the rule on first offence.
- Teachers will follow the usual code of behaviour if a student persistently forgets PE uniform - this means they will get a demerit in their school diary and have to write page 10 during the PE class that they are not partaking in.
- If a student forgets their PE uniform more than three times the year head will be informed and it will be dealt with as a breach of the uniform policy in the Code of behaviour.
- Students not participating in PE must stay with their class in the Dome/gym and complete written work. If they have no injury or illness, they may be required to assist the teacher.

Medical Issues:

- A student must produce a medical certificate if unable to partake in PE classes or any aspects of PE. Notes from parents will not suffice for ongoing medical issues.
- Students must remain in the PE class during PE class times, this may be in the Dome/gym or outdoors. Therefore, if a student is sick or has a medical condition they must dress appropriately for these circumstances.
- If a student has a medical certificate suspending them from PE, the parent will need to complete the form in Appendix 1 to allow the resumption of PE.
- 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 carry them on their person or have them nearby and ready for use in the event of emergency.

Class behaviour and effort:

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

Changing Room Etiquette *:

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 students 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 student's right to privacy and adequate supervision with due regard to gender issues.
- where students 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 student and on the physical constraints.
- staff should avoid assisting students with anything of a personal nature that the student can do for themselves.
- 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 students must be 'in the process' of changing whilst in the changing rooms.
- If a student is seen to be loitering instead of being 'in the process', a disciplinary action may be taken by the teacher.
- Students 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), navy tracksuit bottoms - **no leggings**; students can wear their navy uniform shorts **under** their tracksuit pants for warmer days should they wish. **White** or navy t-shirt or school jersey from Bourke's Sport, school uniform jumper can be worn to PE class. Coats should be brought for cold weather.
- Jewellery, including neck chains, rings, bracelets, watches, and hooped earrings are not permitted in PE classes.

Participation:

- All students, unless excused due to medical issues, are to be participating in PE. Under no circumstances should students be allowed to sit out without a relevant reason.

The Board of Management adopted this policy at a meeting **in March 2026** and the policy is available on the school website.

Appendix 1

This form is to be used by parents when students are returning to PE after an absence that has been signed off by a medical practitioner.

Name of Student _____

Parent Name _____

Date _____

I/We consent to _____ (name your child) to resume PE lessons and can verify that there is now no medical reason why he/she is unable to do so.

Signed by

Parent signature here please