

PROTEA HEIGHTS ACADEMY

PROTEAHOOGTE AKADEMIE

EXTRA MURAL POLICY



POLICY REGISTER DETAILS

TITLE OF POLICY	Extra Mural Policy
COMPILED BY	D la Grange
POLICY NUMBER	20
DATE APPROVED BY SGB	6 December 2022
EFFECTIVE DATE	1 January 2023
EXPIRY DATE	This Policy remains in force until amended or replaced <u>and</u> approved by the SGB
REVIEW DATE	1 January 2025
AMENDMENT HISTORY	

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1. PREAMBLE

The philosophy of Protea Heights Academy is to provide a balanced education to each learner. This supports the mission and vision of the school. We wish to ensure that all learners represent the ethos of the school with their appearance at practices, rehearsals, performances and matches, and their behaviour at sports and cultural events.

2. PURPOSE

The purpose of this policy is to clarify, for the learners, parents and staff of Protea Heights Academy the acceptable and expected procedure and behaviour that will be followed at school with regards to involvement in extra-mural activities.

3. PARTICIPATION

At Protea Heights Academy we believe in the holistic development of each learner. Extra-mural activities are core educational components to teach time management and develop emotional intelligence, as well as the following life skills:

- o The ability to lose with dignity – you have to learn how to keep smiling, even if things are not going the way you expected.
- o Camaraderie and sportsmanship – we need to learn to win with dignity, which entails being a gracious winner.
- o Teamwork – the inevitability of working as a team one day in the workplace is a significant point to consider. The skills learned regarding teamwork in group extra-mural activities can be used to manage relationships with groups of people that are special in your life, like your friends and family.
- o Time management – one of the most critical skills learnt. Filling up your days rather than having too much free time on your hands will result in you being able to manage your time better, and ensure that you achieve all you set out to.
- o Critical thinking skills and reflexes – in many activities, you have to think on your feet and react in the blink of an eye. Being under pressure to return the ball, will definitely sharpen your reflexes and thinking skills. This will be important for you when you leave school.

A: MINIMUM EXPECTATIONS

- Sport involvement during the summer season by means of participation in a summer sport OR participation in a winter pre-season training program OR service to a sport.

PLUS

- Sport involvement during the winter season by means of participation in a winter sport OR participation in a summer pre-season training program OR service to a sport.

PLUS

- Be a member of at least one cultural activity/ society OR provide service to any activity other than a sport

B: SPECIAL EXEMPTIONS

Exemption from the above minimum expectations can be considered for the following circumstances:

- A learner who has already reached a high level (i.e. regional, provincial or national colours) in a sport not offered by the school. The school will monitor continued involvement with the relevant federation and the exemption will be terminated when a learner is no longer fully involved in the said sport. This exemption will only apply to sport and the learner must still participate in a cultural activity/society.

AND/OR

- A learner who is over-involved in cultural activities at the school (a minimum of 8 hours per week) can be exempted from sport participation. External cultural activities will not be considered for this exemption.

AND/OR

- Medical reasons as recommended by a registered medical practitioner. This will only affect sport participation and a learner must then commit to service activities.

To apply for such an exemption, the learner must submit a completed “Extra-mural Exemption Request Form” to the head of sport at the start of each year.

Sport OR culture OR societies at PHA is compulsory for learners. It is expected that each learner participates in one activity per term

Having committed to a school sport or cultural activity, no learner is permitted to stop participating in the sport or cultural activity during the course of the season (summer season runs from Term 4 into Term 1 of the next year, and winter season runs from Term 2 into Term 3), unless permission to do so has been granted by the Head of Sport.

4. ATTENDANCE

Learners are expected to honour their sporting/cultural commitments:

- They are expected to attend all practices and all matches for which they are selected. Medical appointments or extra lessons should not be arranged during these times. If, for good reason, a learner is unable to attend a practice or match, they should notify the teacher in charge well in advance. This should be accompanied by a letter signed by the parent/guardian. Giving a letter or a verbal message to the teacher in charge/ coach via a teammate is not acceptable.
- If a learner is ill on the day of a match played or performance during the school week, the parent/guardian must contact the office before 9am on the morning of the match. If a learner is ill on the day of a match played/performance on a Saturday, the parent/ guardian must contact the educator in charge of the team or team captain (as a last resort) as soon as possible.
- Learners who are injured or not feeling well on the day of a practice or a match, must still attend the session as a spectator wherever possible.
- Teachers in charge of each sports team/cultural activity will take register at every practice and be present for the duration of the practice. It is the responsibility of the learner to ensure that his/her name has been ticked off on the attendance register.
- Punctuality is expected for all commitments, including practice sessions.
- If a learner is absent from school on a Friday preceding a Saturday event, they may not take part in any school event on the Saturday. If the absence for compassionate reasons, a decision about participation in the Saturday event is at the Principal's discretion.
- Scheduled sport matches take precedence over any society fixtures, extra lessons and any other non-school activity.

5. COMMUNICATION

- Learners are expected to check the sports/cultural notice boards regularly. Team lists with practice times, match times, dates and transport arrangements etc. will be displayed on the notice board and will be communicated in advance to learners via their teams WhatsApp group.

6. EXPECTED BEHAVIOUR

Learners are expected to adhere to the following code:

- Be attentive at all practices.
- Always wear the correct uniform to practices and matches/performances.
- Show respect to the captain, coach, match officials, administrators and opponents.
- Know the rules of the game and play according to them.
- Accept all the decisions made by the umpire/judges without questioning them.
- Control their emotions.
- Verbal or physical abuse of opponents, team-mates or umpires is not acceptable. No malicious 'chirping' is allowed
- Be committed/loyal to their team.
- Be hospitable to visiting teams.
- Be good sportspersons, whether they win or lose.

7. ALLOCATED PRACTICES AND SUMMER/WINTER SEASONS

- No learner may practice any extra-mural activity without teacher supervision. An outside coach does not substitute for the role of the teacher.
- Each team has been allocated specific days and times for practices. Sports practices may not take place at any other time other than their allocated practice times on the allocated practice days. Coaches/Teams may not arrange additional practices without the permission of the Head of Sport.
- Society events will take place on a Monday from 14:30 and during the rest of the week in consultation with the SMT.
- During the change of season, the sport of the current season will take preference until the official new season has started. Exceptions to this regulation are that preparation for the change of season sport may take place before 07:35 and after 17:30 if it does not clash with the current season sport. This pre-season preparation cannot be made compulsory for a learner to attend.
- Pre-season trials may not interfere with any existing practices, matches or scheduled cultural activities.

8. SPORTS UNIFORMS

Uniform for practices and Physical Education:

- Learners may only wear the official sports uniforms or practice uniforms to practices.
- Cultural uniforms must be appropriate for the occasion and with the approval of the SMT. The official uniform may not be mixed with casual wear.

- No learner may leave the school premises after or during sport or culture unless properly dressed in either full school uniform or regulation school sports kit/school tracksuit.
- Learners may not change into sports outfits until after school, unless special permission has been given by the Principal.
- The school tracksuit may be worn to matches and cultural events. No other tracksuit may be worn

Uniform: Physical Education

- White or blue PHA t-shirt
- Boys: PHA Blue short
- Girls: PHA Blue short or skort

Uniform: Matches

- Boys: Official PHA blue short (hockey, soccer, basketball, athletics)
- Boys: Official PHA match shirt (sleeveless)
- Boys: Socks: Basketball – gray school socks. Hockey/Soccer: Official Light blue socks with dark blue stripes.
- Girls: Official PHA skort (hockey, soccer, basketball, athletics)
- Girls: Official PHA match shirt (sleeveless)
- Girls: Socks: Basketball/ netball – white socks. Hockey, Soccer: Official light blue socks with dark blue stripes.

ADDITIONAL/SPONSORED KIT

No kit may be organised for any team unless it has been approved by the Head of Sport, Executive and the Governing Body of the school. This additional kit must conform to the branding of the school.

If additional kit had been approved for a tour, it **may not be worn** to practices and matches as it does not form part of the uniform.

All decisions made are at the final discretion of the Principal

The policy will be reviewed on an annual basis or according to the needs of the school.

9. APPROVAL AND ADOPTION

This Extra mural policy was approved and adopted by the Protea Heights Academy

Governing Body on 6 DECEMBER 2022 (date)

SIGNED:

CHAIRPERSON:



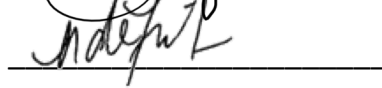
DATE: 06/12/2022

PRINCIPAL:



DATE: 06/12/2022

SECRETARY:



DATE: 06/12/2022