



# The Settlers High School

## SPORT & CULTURE POLICY

August 2018

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### 1. PREAMBLE & PURPOSE

The philosophy of The Settlers High School is to provide a balanced education to each learner. This supports the mission and vision of the school. Also we wish to ensure that all learners represent the ethos of the school with their appearance at practises, rehearsals, performances and matches, and their behaviour at sports and cultural events.

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

### 2. PARTICIPATION

At The Settlers 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:

- The ability to lose with dignity – you have to learn how to keep smiling, even if things are not going the way you expected
- Camaraderie and sportsmanship – we need to learn to win with dignity, which entails being a gracious winner.
- 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. It makes you are better person.
- 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.
- 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, or whatever it is, will definitely sharpen your reflexes and thinking skills. This will be important for you when you leave school.

### 3. MINIMUM EXPECTATIONS FOR GRADES 8, 9 and 10

Extra-mural activities at The Settlers are compulsory for all learners and each learner is expected to meet the following minimum criteria:

## **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 programme 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 programme OR service to a sport

### **PLUS**

- Be a member of at least one cultural activity 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.

### **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” (see *pages 7 and 8 of this document*) to the head of sport at the start of each year.

## **C: AWARDS / SCHOLARSHIPS / BURSARIES**

It is important to note that the **minimum criteria** stipulated above does not necessarily align with awards, scholarship, bursary and tertiary application criteria.

Learners must ensure that they are familiar with the requirements for such awards and applications, as it can require academic, sport, cultural and service participation and achievements.

## **4. MINIMUM EXPECTATIONS FOR GRADES 11 and 12**

Extra-mural activities at The Settlers are compulsory for all learners and each learner is expected to meet the following minimum criteria:

### **A: MINIMUM EXPECTATIONS**

It is expected of each senior learner to fully commit to at least 4 hours of extra-mural involvement per week. This minimum time can comprise of the following:

1. Sport involvement during the summer season by means of participation in a summer sport OR participation in a winter pre-season training programme.

## **AND / OR**

2. Sport involvement during the winter season by means of participation in a winter sport OR participation in a summer pre-season training programme.

## **AND / OR**

3. Cultural and/or Performance Activities

## **AND / OR**

4. Service Activities

When a learner committed to an activity that requires more than 4 hours per week, the learner may not only complete 4 hours of the required time. Failure to commit to the full duration of an activity will be dealt with as per the Code of Conduct regulations regarding insubordination and truancy.

## **B: SPECIAL EXEMPTIONS**

There is no exemption from the minimum of 4 hours involvement per week.

## **C: AWARDS / SCHOLARSHIPS / BURSARIES**

It is important to note that the **minimum criteria** of 4 hours per week does not necessarily align with awards, scholarship, bursary and tertiary application criteria.

Learners must ensure that they are familiar with the requirements for such awards and applications, as it can require academic, sport, cultural and service participation and achievements.

The school's most prestigious award will remain the all-rounder award, based on criteria for Academics, Culture, Summer Sport, Winter Sport and Service achievements.

## **5. RECORDING AND REPORTING**

The learner's involvement in school sport and culture will be reflected on the DISC (Discipline and Involvement in Sport and Culture) report. This report is used as part of their tertiary/bursary application at the end of matric and used to compile testimonials.

DISC reports will be issued at the end of Term 1 and Term 3. The DISC report will indicate all activities as well as the number of sessions attended.

## **6. GENERAL RULES**

### **6.1. ATTENDANCE**

**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 Principal.**

**Learners are expected to honour their extra-mural 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 team-mate 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 (See Code of Conduct 1.40 under General Rules Section C). If the absence for compassionate reasons, a decision about participation in the Saturday event is at the Principals discretion.
- **School sport/cultural activities takes precedence over any club fixtures, extra lessons and any other non-school activity.**

## 6.2. 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.
- Parents/Guardians must register with the school communicator and ensure that email contacts are updated, as these tool will be used to communicate any unplanned changes to matches or practises due to weather conditions and other unforeseen occurrences.
- Curriculum information will be posted online each Sunday for the week ahead to indicate confirmed fixtures.

## 6.3. 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.

## 6.4. ALLOCATED PRACTICES AND SUMMER / WINTER SEASONS

- No learner may practice any sport 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.
- General Cultural Societies will take place on a Monday from 14:30 to 15:30 followed by sport. Other Cultural activities will take place after 17:15. The only exception will be the school's premier Jazz Bands, Symphony Orchestra and Dance Society Performance Group.
- Pre-season trials may not interfere with any existing practises, matches or scheduled cultural activities

## 6.5. SPORTS UNIFORMS

### **Uniform for practices and Physical Education:**

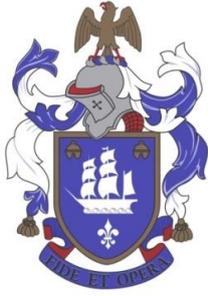
- Learners may only wear the official sports uniforms or practice uniforms to practices.
- Cultural uniform must be appropriate for the occasion and with the approval of the Head of Culture.  
**The official uniform may not be mixed with casual wear.**
- No learner may leave the school premises after 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 Head of Sport.
- The school tracksuit may be worn to matches and cultural events. No other tracksuit may be worn
- Blazers may be worn with the official sports clothing.

### **6.6. 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 Settlers High School

**APPLICATION FOR  
EXEMPTION FROM SPORT**  
(Grades 8, 9 and 10 only)

**THIS FORM MUST BE COMPLETED ANNUALLY**

Name of Learner: .....

Class and Grade: ..... Year: .....

**Reason for exemption (please complete relevant option):**

**OPTION 1: ACHIEVEMENT IN SPORT NOT OFFERED AT THE SCHOOL**

Sport Code: ..... Federation:.....

Current level of achievement: .....

Name of coach: .....

Coach's Telephone number: .....

Coach's email address: .....

Federation email address: .....

**OPTION 2: OVER-INVOLVEMENT IN CULTURAL ACTIVITIES**

List cultural activities and indicate hours per week (school activities only):

ACTIVITY 1: ..... HOURS/WEEK: .....

ACTIVITY 2: ..... HOURS/WEEK: .....

ACTIVITY 3: ..... HOURS/WEEK: .....

ACTIVITY 4: ..... HOURS/WEEK: .....

ACTIVITY 5: ..... HOURS/WEEK: .....

Signature of Head of Culture: .....

*Please turn over page for Option 3 and Signatures*

**OPTION 3: MEDICAL REASONS**

Medical Condition: .....  
(Please attach medical certificate and/or report from registered medical practitioner)

Additional information: .....  
.....  
.....

Please note:  
The learner will still be required to be involved in service areas.

Signature of learner: ..... Date: .....

Signature of parent: ..... Date: .....

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(Office use only)

APPLICATION STATUS	
GRANTED	
NOT GRANTED	
YEAR	

**SIGNATURES**

Head of Sport: ..... Date .....

Deputy Principal (pastoral): ..... Date .....

Principal: ..... Date .....

(Admissions secretary to scan this document and upload to the learner’s Staffroom profile)