Dear Parents of Year 10 students,

The Department of Education and Communities has changed the **Sport and Physical Activity Policy** for NSW Schools. This policy is effective now and it means that students in **each year** have to do 150 minutes per week of sport and physical activity.

The aim of this policy is to ensure that students are more physically active and therefore more able to lead a healthy lifestyle.

To meet these new requirements, when calculated over the year, it means that all year 10 students will need to have a **day per term** of a special sports day program. This special sports day will be held at our school, at no extra cost, in week 7 of each term, starting in Term 2, on the following days:

- 4/6/15 Thursday week 7, Term 2.
- 26/8/15 Wednesday week 7, Term 3.
- 20/11/15 Friday week 7, Term 4.

This sports day will be organised and supervised by the PDHPE staff.

Students are to wear the **correct sports uniform** to school on these days. Students wearing incorrect sports uniform will not participate and will need to make up the time. Recess and lunch times will be held at the usual times.

Attendance on these sports days is **compulsory** unless a student is sick for which a medical certificate will need to be provided.

We thank you for your understanding and support and ask that you ensure that your daughter attends these special sports days. If you have any questions, please contact Ms Gooch at school.

With best wishes,

Yours Sincerely,

V. Necyporuk
Principal

[Signature]

J. Gooch
HT PDHPE