



Villiers School Extra-Curricular Policy

Rationale

Villiers School holds extra-curricular (“EC”) activity in high esteem and it is a core component of our students’ holistic educational experience.

This policy document reflects our aim of encouraging student involvement in extra-curricular activity. Our staff take an active role in promoting participation amongst the student body in our extra-curricular programme.

We aim to maximise and facilitate student involvement in learning beyond the classroom, while recognising disparate needs, circumstances and interests within the student body. Our extra-curricular policy is designed with this in mind.

Parental involvement in students’ engagement with the extra-curricular programme is vital and we place great significance on parental support in respect to our provision of extra-curricular activity.

The management of Villiers School entrusts its staff to facilitate, coordinate and implement the extra-curricular programme in keeping with the above rationale.

Aims

- To promote health, fitness and wellbeing
- To encourage students to commit to and represent the School community
- To promote positive social interaction beyond the classroom
- To promote teamwork and cooperation
- To encourage pride in students’ identification with the School
- To create an environment which develops students’ individual and collective responsibilities
- To nurture talent, develop relevant skills and positive principles of participation
- To encourage positive and sustainable life style choices and active citizenship
- To provide opportunities to participate and compete at an appropriate level
- To enhance relationships between staff and students
- To offer students the opportunity to contribute to a positive school environment

Expectations

The School endeavours to provide a wide and varied range of E.C. activities which are in keeping with our culture and ethos. According to the *The National Guidelines on Physical Activity for Ireland* which was published by the Health Service Executive in conjunction with The Department of Health and Children it is recommended that 'all children and young people should be active at a moderate to vigorous level, for at least 60 minutes every day' (2009, Page 10). As physical activity is essential in maintaining health and emotional well-being, we expect students to engage in organised sporting activity as an integral part of our E.C. programme.

Students will encounter the EC programme with disparate degrees of confidence, prior experience and levels of motivation. The school expects parents to encourage and facilitate involvement in the school EC programme for their children, particularly prior to the development of an exercise habit.

We value and promote the cultural life of the School and part of our extra-curricular programme enables student participation in music, the arts and other specialist areas.

We promote students' involvement in EC activity and foster an atmosphere of personal responsibility and commitment. We strive to accommodate the external demands on students while simultaneously expecting a spirit of identification with the School ethos through EC activity.

We expect every student to take responsibility for his or her own learning. Involvement in the E.C. programme will, at times, necessitate absence from classes. Students must take responsibility for obtaining work missed in class and will be expected to complete all assigned homework regardless of levels of EC involvement.

A staff member will be nominated as extra-curricular/academic link to oversee communications regarding EC provision and access.

We believe that it is an honour to be chosen to represent the school. There are a number of responsibilities that accompany this honour and it is expected that students, as ambassadors for the school, will behave in accordance with the highest standards both inside and outside the classroom.

Extra-Curricular Provision

The School values a varied and broad spectrum of EC activities, however an extensive menu is difficult to provide for in terms of sustainable levels of participation and consistent resourcing. Therefore there is a School recognition of hockey and rugby as core components

of the ECA programme. This is to provide for beneficial levels of exposure to, experience of and participation in these core activities. This does not detract from the value we place in other EC activities where time, expertise and resources allow. Music, the arts and other specialist areas also play a large role in our ECA provision.

In the Junior Cycle the framework for involvement in ECA is established and as such we provide a structured foundation for all students to be involved in the core activities of the programme.

We recognise that as students mature they become more responsible in their decision making and therefore we encourage more personal choice re engagement with the activities in the ECA programme. In keeping with this personal choice we strongly encourage students to maintain engagement with structured physical and recreational activity. At all stages of this process, parental involvement and support is vital.

Please also see the following policy documents:

Villiers Code of Behaviour Policy

Villiers Uniform Policy

Villiers Day boarding Policy

Villiers Anti-Bullying Policy

This policy was ratified by the Board of Management in June 2015 and updated and ratified in February 2020.